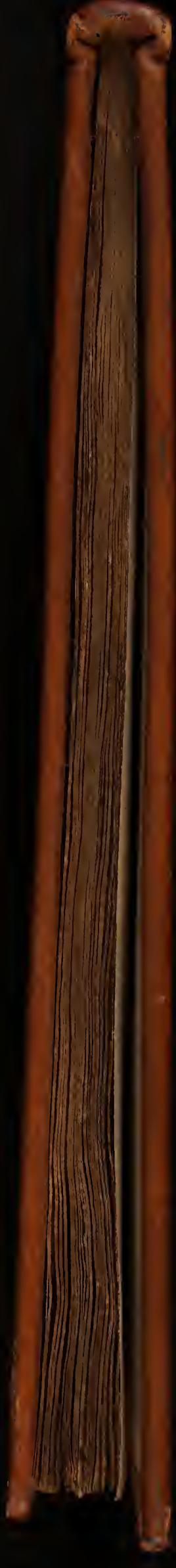
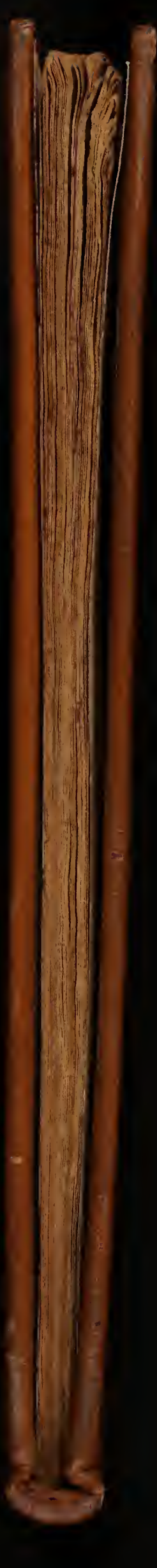




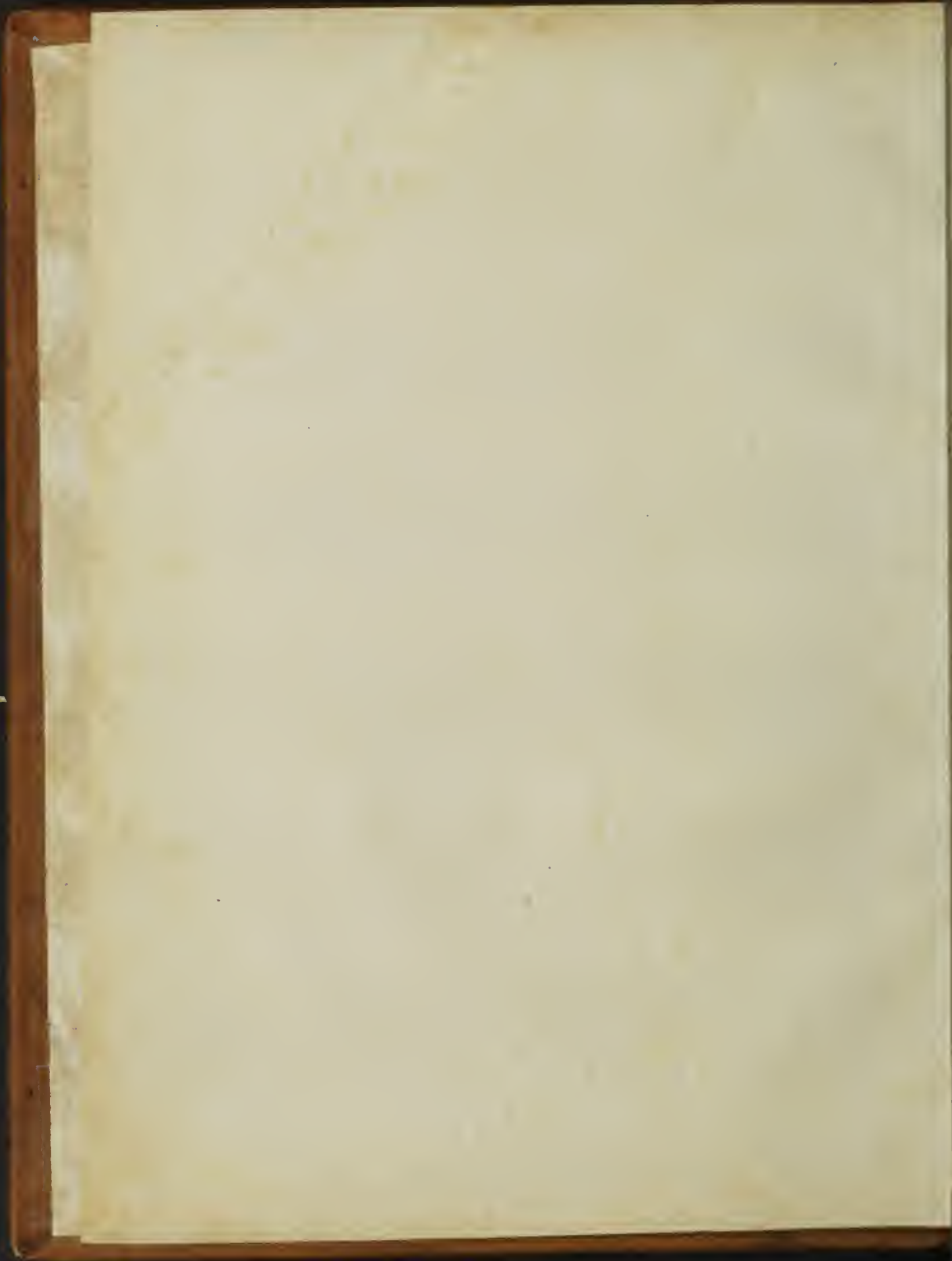
JONES — BATHES OF BUCKSTONES — 1572



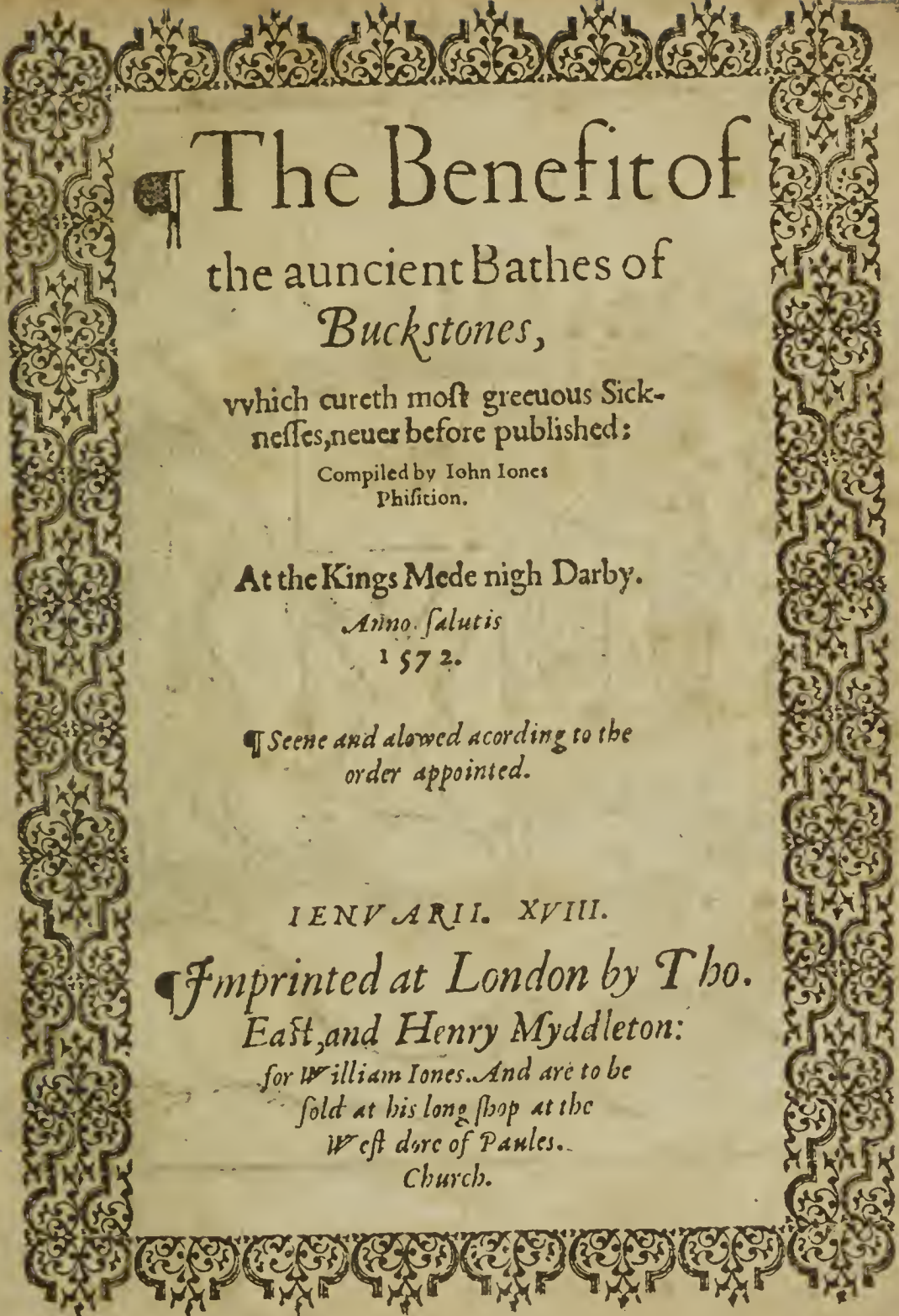




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The Benefit of the auncient Bathes of *Buckstones,*

vyhich cureth most greuous Sick-
nesses, neuer before published:

Compiled by Iohn Iones
Phisition.

At the Kings Mede nigh Darby.

Anno. salutis
1572.

¶ Seene and allowed according to the
order appointed.

IENVARII. XVIII.

Imprinted at London by Tho.
East, and Henry Myddleton:

for William Iones. And are to be
sold at his long shop at the
West dore of Paules.
Church.



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TO THE RIGHT HONO-
rable, George, Earle of Shrewes-

bury: Lord Talbot: Furniuall: Warden: and
Strange, of Blackemyre: Knight of the most
Noble order of the Gartyre, and one of the
Queenes maiesties most honourable
priuie Councell, and Iustice in
Eyre, from Trent North-
wardes.

IOHN IONES WISHEETH ALL HEALTH,
long lyfe, encrease of honour, and Graces
eternall.



AFTER that the Philosopher (right Noble Earle) had considered the moste woonderfull workes of God, and nature, so orderlie placed within the Sphere or round world, Macrocosmus, with all things aboue the Elementes, and Quintessence, the hyghe heauens, as the inferiour constellations: Influences: and begynners of corruptible substances: the Elements them selues: all thinges, in the Fyre, Ayre, vvater, and Earth: be it besyde of the highest: immortal, and perpetuall, or of the inferiours: mortall and corruptible, doing, being, growing, senting, and reasonable, as Microcosms, man, for other vses so necessary, the heauenly bodies, conspyred to one absolute Empyre, vvith all thinges vnder them, produced, to most effectual purposes, causing him to say, God, and nature, dyd nothing in vaine.

The which heauenly saying, dayly we fynde most true, albeit, many of those greate and hidden benefytes: preordinate by providence diuine: were vnknowen many yeaes, to many nacjons. Insc much, as husbandry an arte most comune: and now of least conning: was long vnknowen: men liuing on the fruits

The Epistle.

of the Erth, without any manurāce, as beasts: for vntil Dionisius his time, it was vnknown amongst the Egipcians, & vntil Charles the fith Monarche, amongst the Indiās: as Diodorus, Polydorus and Martine Curtesse affirmeth: and in Greece and Asia, vntill Triptolemus: In Italie, vntill Saturnus: as Macrobius sheweth. So was, vvyne, Oyle, Honie, Ale, Beere, Bread, Cheese, and infinite other thinges, after orderlie appointed, to our vses as doth appeare. And, Bacchus vvas the fyrst, that of Barly made Ale, for the Egipcyans: bicause as then they had no Grapes: the which we Brittaines vse still, and they of Germanie, and Flandres, beere. The Iewes found oyle, as Iustinus writeth, and Gorgonius the king, hony: Aristeus the making of cheese: Arachue Flax, and knittug, as Plinius approueth: Minerua, spinning: Nicias, fulling: Pallas clothing: Vso, apparel sayeth Eusebius. Building of houses is ascribed first to Iobal, if we beleue Polidore: walles and towers, sayth Aristotle the Cyclopians edified: Carpentry, Dedalus inuented: sayling, Neptunus: gold Cadmus found out, first in Thrace, and Emanuel the last king of Portugall, sent to seeke it first in India: Siluer, Erictonius: Iron, Idedaetili: Lead, Mydachuitus: Brasse, Aristotle sayth, Lydius: Fyre, Vulcanus: Phisick, Apollo: amplified by AEsculapius: perfected by Hippocrates: expounded by Galen. Bathes and hot houses, Nero, Agrippa, Vespasianus, Titus, and other Emperours, Kings, Philosophers and Phisitions, as testifieth Iulius Capitolinus.

So that by these and ten thousand others, we may gather, that Gods good gyfts haue not all at one time bin reuealed, nor at one instant to al nacions auayled, but some by one, in one time, some by another in another time, and all as it pleased his infinit bountie, to ayde and benefite his creatures with: as by king Bladud the Britten were first erected the bathes of Bath: So now we may say by your honour, the bathes of Buckstone to be beneficially edified, worthy euery where to be notified.

Of the which, by Gods help, and your honours protection,
somewhat

The Epistle.

somewhat shalbe shewed hitherto vnknownen, that the benefite thereof, may the better be perceaued.

The which worke, howsoeuer it be, I beseech your Noblenes to accept, as that which of most right, to you of duety belongeth.

And, forasmuch as your care hath ben therein, to the benefyte of all : It is right that of all, you should be highlie magnified, for your vertuouse employte, accomplishing of so noble a benefyte, and that in this our age, when as the most sort, are giuen to seeke worldlie gayne, rather then the publique proffet (the more pittie it is to speake it) and that such, as to themselves, and theirs, onelic, might belong. But your vertuouse industry, is, & hath ben, for the benefyt, of the vniuersall people of God: as a thing, descending from your parents: and of you enherited.

Therefore, to you mightie Erle I dedicate, these my labours, and playne Treatise, entytuled *Buckstones Benefyte*, bicause, by you is accomplished, and notified, euery wher, that which was in a maner hydden, and vnknownen, to all a far of, and vnto the most neere hand. If, I should here shew, how greatlie they are to bee extolled : that take such paine, and be at such cost : for the wele publique : I might rather make a newe volume: then fynish this. As it may easilie appeare, by that which is already expressed. VVherfore, I will stay my pen, for that, I confesse my selfe farre vnable : to set out the condigne prayses : that eyther too your honour belonge, for the true loue assurid Loyaltie, and great trust : vnto your puissance comitted : or the worthy benefytes : that the Bathes, or vvels, of Buckston do yelde.

Notwithstanding, great Alexander, retained with him in great fauour : one that wrote his hystory : albeit, it was not most elegantlie penned (as Quintus Curtius affirmeth) bicause, it might encourage, some of more eloquence, to take in hand, the like enterpryse : for, otherwise what had auayled the fame of hys conquest? when that age had expired, if none had taken in hand: for the posterities to haue remembered : whose example herein I haue folowed.

The Epistle.

For that, so great a benefyte, as is Buckstons Bathes, vwithin the edifices vnder a bushel should not be ouerwhelmed: nor, without the order heerein expressed how to vse them: frequented. Vntill some other of more learning will better handle hit. Crauing nothing els for my paynes but that it may of your Lordship bee vvel excepted praying for the long preferuacion and encrease of your honour, in all helth, welth, and felicitie. Amen.

Your Lordships euer at commandment, John Jones.

Carmina.

Christophori Carili
ad Lectorem.

Diceret phoebum genuisse Iousum
Rupe parnasi : peperisse Cirrhae.
Aut in extremis heliconis antris
Palladis aluum

Naiades nouit, dryades fauebant
Tartary nimpha, liquida napea
Ac metallarum stygiae camena
Castalidesqz.

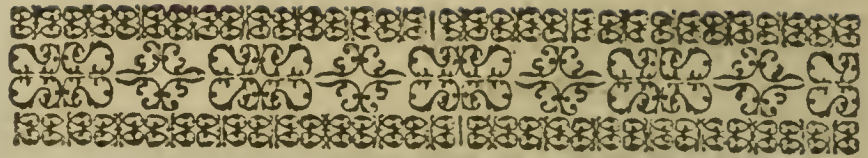
Feruidos fontes, calidasqz thermas
Et poros terra refecat, docet nos
Cur tot agrotis medeantur vnda
Sulfure plena.

Hunc librum legant medici baldenses
Westphali: Rhem scatebras colentes
Fnde naturas laticum tepentes
Discere possint.

Thomas Lupton to the Reader.

Though fozein soyle in woꝝthy gifts doth maruelously abound,
yet England may be bold to boast, wherin the like are found.
How many vs to bathes abrode far hence with cost to range,
wherby they may their lothsome limbs to helthfull members
But such (onlesse they moze desire for wit then helth to come) [change
they may haue help with charges lesse and soner, here at home,
It Buckston's bathes whose vertues here, is lernedly displayd.
Therefore disdain not this to read that hath the same bewrayd.

FINIS.



CATALOGVS AVTHORVM

in hoc opere citatorum, Alphabetico
ordine congestus.

Aristoteles.	Georgius Agricola.	Mesue.
Auicennas.	Gabriel Fallopius.	Manardus.
Auerhois.	Halyabbas.	Mathæus Graduenf.
Auenzoar.	Hippocrates.	Mathiolus.
Antylus.	Hieronimus Mont.	Nicolaus Massa.
Athanasus.	Hieronimus Carda.	Nicolaus Myrep.
Amatus Lusitanus.	Ioanicus.	Nicolaus præpositus
Arnoldus de Vill.	Iustinus.	Nicolaus Alexand.
Aetius.	Iulius Capitolinus.	Oribasius.
Aesculapius	Ioannes Almenar.	Plato.
Benedictus Victor.	Ioannes de monte	Plinius.
Baptista Montan.	regio.	Paulus Aegineta.
Cornelius Celsus.	Iacobus Siluius.	Ptolomæus
Conciliator.	Ioannes Bachanellus	Polidorus Virgilius.
Dioscorides.	Ioannes a Sanc. A-	Quintus Curtius
Diodorus Siculus	mando.	Ruellius.
Damascenus	Leonhartus Fuchsius	Tagaltius.
Eusebius.	Marcrobius.	Tralianus.
Fernelius Ambianus	Munsterus	Theion.
Gentilis	Martinus Curtesius.	Valescus de Tarant.
Galenus.	Leonellus Fauentinus.	Valerius Cordus.
Gordonius.		Vldericus Hutton.

To the Christian
READER.



¶ Ven as in one household or familie (gentle Reader) the Chyldren, begotten betwene one Father and one Mother: doe differ one from another, as well, in proporcion of body, as in wyt, disposition, and maners: Euen so, men of one facultie, in sundry things, be of sundry inuencions, iudgements, and dispositions: as well Diuines, Lawiers, Philosophers, as Phisicians, no maruail therefore, if others. So hard it is for any man, be it neuer so freely inteded: neuer so studiously laboured: neuer so profitable, for, the wele publike: to set forth any thing, for al mens liking, that euen most of the wisest sort (as many men think) set forth nothing by printing: bicause, many now a daies are giuē, to the searching out rather, (if they cā) to blot him, with the lest matter (if there bee no greater) and let the common profyt, then too seeke the thinge that may all men benefyte, ey-

*.i. ther

To the Reader.

ther the same to cominend, or therto too adde any credite.

These, and such lyke causes, haue letted many (as I deme) frō the attempting of this (howsoeuer it be) which I haue accomplished, of Buckstons benefite: aduerturing rather for my part, to be stong of the Drones, then to leaue the good hony vnought and to be barked at, with such vnkind curs, then to leaue the Master of the house helples: trusting that the Wise, Graue, Learned, Curteouse, & Louing sort, wil accept the endeouour of him, who asmuch as in him lieth (for þ tyme) doth seeke, how he may best profit the vniuersall people of God, and in speciall, hys owne countrymen that bee vexed with such greuous sicknesses, as they despaire of remedy, by any other meanes.

Galen, whē he came first to Rome, sent for by Marcus Aurel. Willing his Lieutenant, that he shuld honorably furnishe him with men, money, horse, & munition as very noblie he did: for that he was desirous greatly of his consaile. Commodus his sonne being very sicke of a feuer,
the

To the Reader.

the Which at the first sight, hee presaged
(for that the Crisis so prognosticated, a
knowledge by him throughly labored, as
he that was most expert in phisicke) that
he should haue his fit no more: Whereat,
the Phisicians of the Emperours hyghe
councell, meruayled, & Whē they saw the
effect, greatly disdayned (for such know-
ledge they had not studied) Where they
should haue louingly embraced him, and
highly haue comended him, for Tagalti
us saieyth, the maners that to Phisicians
belonged, are that they be of gentle enter-
taynement, curteouse, & friendly toward
such as be of their own professiō, in greek
termed Philateiras. But what did hee:
leauē his Well dooing for all their enuy-
ing: no truly. So much was hee gyuen
the vniuersall World to profyt, more ear-
nestly proceeded forward in all good doc-
trine, as by his workes made there, both
against Erasistratus, concerning letting
of blood: and against Thessalus Trali-
anus, about the healing of vlcers, maye
appare: prouing & re prouinge, by moſte
waighty arguments, & best authorities,

To the Reader.

al that he did not waying the disdain of a few, so that he might profyt all, as no dout he hath al the World. Let Paracelsus (& all other bapn practisers do what they can) With his fyre Work, of thre beginnings, of salt, Winstone, and quicksilver, blowing the coles vnto ashes, and stilling til they haue no glasses, as wyle as geese, as reasonable as apes, as trim as Colpers, and as riche as newe thorne sheepe.

Now seeing Galen, in whō was heaped as in a grainard: all knowledge both philosophicall, & phisicall, was enuyed, dildained, backbtyed, and yet of some is: What shal I think to go scotfre, that am so far inferiour vnto him, as is the scholler, vnto the maister: No no, therefore I will arme my head With patience: and my harte With a cleare Conscience, protesting before GOD: and men, (Which thozow the enuiousnes of the time I am driuē vnto) that this, that I haue done, I haue done neyther of a proud mynd, ambitious desire, or ouerwening in my selfe, but of a very feruent zeale, to the
pre-

To the Reader.

preservation of health, and maintayning of lyfe: bycause I sawe so many repaire thither, without al order. By meanes whereof, some went away very sick, that came thither indyfferent well. Some neuer a whit the better: Whiche if they had had good counsaill, might. And some, more by hap then by cunning: as it dyd them no good, so dyd it them no harne.

These things wayed, I began to consider with my self, of many things doutting, whether it were better, to let passe, as other wiser, & better lerned thē I had done such matters, or to procede therein. The which, whē I had attēpted, more and more I saw was too bee sayde, minding to haue gone no further: thus betwene dout and despair, hapned to come vnto me, of the lerned some, & other of the gentility, wise & expert that feared God, loued their country: and hearing that I had begon suche a matter of Buckstone, as I had of Bath: instātly desired mee, to goe forward, affirming, I should doo a gratefull deed too the common Weale

To the Reader.

of my native country, & that for the north parts, & West: as Wel as the South: yea & if it were not so Well done as some others of more Wisedome, learning, & experience could, (as I think of my self it is not) yet because it should encourage some other, if they saw myne not sufficient to amende (as it is easier then to begin) that which I have rudely roued ouer. Albeit al that which I have done, is collected out of the best Writers in phisick: and for these. xiiii. yeres & more, proued. Trusting it will be Wel accepted, seeing the profit is thynne, & the labor myne. But if ther be any so affectionated to Rhetorique, that vlesse they find a mouhil made a mountayne, or an Emet, an Elephāt, think the matter vnperfect, let them consider that.

Non cupit ornari, cupit, &c. Or if, they suppose knowledge nothings worthe, vttered in their own language. The I must nedes say, they shall find this of Buckstons benefyt, & also Bathes aide vnperfect. Howbeit, of this if they consider, they may easily fynde whether a thing briefely and plainly taught, be better, or a thing obscure

To the Reader.

scure & intricate: and Whether a thinge familiar, or a thinge straunge be easiest to iudge of, What neede many wordes: If a longe discourse had more needed, then a short: Hippocrates had not written his Aphorismes, nor Galen Ars parua: neither had they writen in Greeke, when as all Grece vnderstoode Greeke, as well as they, or we in England english. But had deuised some new tongue: a matter of no great labour: for the Draucabio tongue of fīue yeares standing, as it was in a day inuented. So was it in a weeke perfected: & is with some, for their pleasures in daily vse. But these toies, were far frō their meaning, & so I dout not, but they be now from the wylse, or els, the guide of the soule, Gods woord, had not bin in our owne tongue vttered, nor of Haule, so appointed. And therfore, if with the matter any be offended, let thē be offended with the best learned, whose example herein I haue followed, and out of whom this is collected. If the phrase like them not, I wishe them to thinke, so many men, so many Wittes: so many styles, so many
de.

To the Reader.

deuises, as you haue hard. If the style be to playne, I Would haue them to remēber, whether heuy things be easier of digestion, or light: and briefly to conclude, whether their owne familiar spech: their owne lawes: or the Romaines be better, & easyer, too Judge of. Too conclude, if the matter be best whiche the approued Writers, obserue & affirme: then I dare say, this is not at ill. If the phrase be best that is most playn, thē this is not worst. If the style or endyting be best which continueth the matter: then this is not vterly to bee disallowed. In syne, if the mother tongue be most meete for hir owne children, and easpest to be vnderstanded, then this in our owne, you Will affirme, is not to bee abandoned. So that I Wil thus ende.

Fœlix, à tergo quem nulla ciconia punxit.

Thus wishinge thee good Reader all health, with all other thinges thy moste gentle hart desyret, rest thyne Whyles I lyue as thou fyndest.

John Iones.

A Description of the wonder- full vertue of the Bathes

at Buckstone.



VEN as, in our former Treatise, of the Bathes of Bathe, we haue shewed the antiquitie, comoditie, proprietie, vse, dyete, Aphorismes, & medicines, with all thinges requisite, in our iudgement, for to bee noted and obserued of all such as ther intend (through knowledge) to seeke any benefite. So, now it resteth that in this Treatise wee expresse likewise the Benefyte of Buckstons Bathes, or Welles, in the hygh Beke, in the Countie of Darby, ten myles from the woorthie Edifices, Chatsworth. 16. myles from Manchester. 16. myles from Market Chester field. 20. from Darby, 30. from the famousse and auncient Citie Westchester, 30. from the Citie of Lychfield, 30. from Staffoꝝd.

Of the origine, of the name, and why it was called Buckstons well, I neyther could reade it in any Authour, nor heare of any as yet. This is asmuch, as I suppose, may bee gathered thereof, that it hath the name of the Towne: and the Towne lykewyse hath the name of some one so called (for of such there bee diuers) and the Danes and Saxons, aswell as the Britaynes were wont to name their townes after their owne names, as it is euident of very many places in this lande: and a Saxon, or English name it is, and no Brittish, or Welsh: And therefore, sithence Engistus, it hath his denomination. Howbeit, many yeares past, it was frequented for the health of thousandes, by bathing them: aswell as it is in these our dayes. For, betwene Burghe and it, there is an high way forced ouer the mozes, all paued, of such antiquity as none can expresse, called Bathgate: albee it moze of a superstitious hope they had in thywell, than of

Buckstones
Bathes of
great anti-
quitie.

Buckstones Bathes Benefyte.

any affiance thei had in the qualitie, tēperature, or pꝛoperty of the Bath: for of it and the vse therof, they were ignozant.

Moreouer, It is not vnlikely that the stagges or buckes wounded, would take soyle ther, and there the fosters of the forrest, called it Buckstand: but in my iudgement, the former supposition is moze likely. And as for Cottrels tale, or the dayne inuencions about S. Anne found in the well, or of the water fet from flood Jordan. I reckē not them woꝛthy the recitall. Therefore, I will not detayne you with suche tryfles, our dayes being so short: and the reason of the arte, so hard to attayne, (as Hypocrates, .i. lib. Aph. primo sayeth) passing ouer, the distinction of bathes here in this Treatise, and definition of artificiall: bicause in my first booke of the Bathes of Bathe, they be shewed, contenting vs with the naturall.

Significatiō
of Bathes.

Naturall bathes be those, which flow thꝛow the entralles of the earth: taking their effect of such things, as they runne thꝛow, and receyue power by: for many infirmities moſte auaylable. The differences of which hote naturall Bathes of Buckstone, by what meanes, of what mynerals, for what grēses, infirmities, and sicknes they serue best, shal be pꝛosecuted with all possible bꝛeuity, as far foꝛth as herein my iudgement is necessary: seeing that in our seconde Booke of Bathes ayde, you may find such things sufficiently skāned: and therefore vnnēssfull here of repeticion.

Falopius li.
de Soll.

First of the chēse Bathe which is the warmer springe, boyde in effect of all cozꝛupcion, arguing therfoꝛe, no great quantitie of bymstone (as in Bathe) nor of allume, as some haue bzuted. For then it should not onely bēe of another colour, marly yellow, or swarty grēne: but also it might sensibly be perceyued by taste: albeit I acknowledge that Aristotle affirmeth, that there is no such hote spring, without ꝑ myne of bymston And I think with Fal. & Sauona. Rubr. de therm. none without fire heat: although the quantitie may differ:

differ: and that may wel appeare. For if the quantitie were equal and like to the mynerals in Bath, the heat of as great force, fortified with like Antiparistasis, and as neere to the head, then it should little in that respect, vary from Bathe. But it seemeth & sure it is so, that Buckstons bathes haue not the fourth part of that heate which the bathes of Bathe haue, nor the other mynerals that be ther. For Buckstons is much like as if a quart of boyling water were commixed with a galond of cold water. But Bath is, as if too a galond of seething water were put a quart of cold water. By reason wherof, it attrecteth and dissolueth more speedly. But buckstone more sweetly, more delicatly, more finely, more daintly, and more temperatly: not bzinging halfe so many greuous accidentes as Bath doth, yit lesse speedly: but in pro- cesse of tyme, very effectuously, and for many infirmities, more commodiously, restrayninge vnnaturall issues, and strengthning the feeble members: assisting the animall, vi- tal, and naturall faculties: dispersing opilacions, and qua- lifying græfes.

The well springes be situate in a valley, hard by a run- ning brooke, and runneth into it. Where at the meeting you may sensibly perceyue and feele the hot water on the one syde of the riuer, and the colde on the other. Not withstan- ding, so commixed after, that it leiteth the riuer of freshing, in the coldest weather, for the space of a quarter of a myle, an argument of the power of the heate of those springes which be thre especiall, and those very excellent, and benefi- ciall for diuers distemperatures, græfes and sicknesses, as hereafter shalbe further shewed, God assisting.

But there be five or sixe other, although not so good: yet it maye bee presupposed, that if there were bozgers, suche as mynerall men vse in searching ore: too meete with the Springes, of somme of the other, that the colde water, which is commixed wyth the hote, myght be turned away:

A.y.

that

No greuous
accident fo-
llowing Buc-
stones Baths

iiij. cheefe
Bathes at
Buckstone

Buckstones Bathes Benefyte.

The running of the springs in the baths of Buckstone.

that then no doubt, they would be more excellent. For that the more cold infirmities, might be cured by them, being made more hot. For undoubtedly, as myne one foote should steppe on the hot spring, the other would light on a colde: yea the one finger, I might put in the one, and another in the other, especially in those below. Howbeit, you may find in any some alteration, albeit not so much by a greate deale.

A goodly house and buildings of the Earle of Shrewsbury vppon the bathes syde.

Joinning to the chiefe springe, betwene the riuer, and the Bathe, is a very goodly house, foure square, foure stories hye, so well compacte, with houses of office, beneath and aboue, & round about, with a great chambze, and other goodly lodgings, to the number of .30: that it is and wilbe a bewty to behold: & very notable for the honorable and worshipfull, that shal neede to repaire thither: as also for other. Yea, the pocest shal haue lodgings, & beds hard by; for their vles only. The baths also so brauely beautified with seats round about: defended from the ambyeut ayze: and chimneys for fyze, to ayze your garmintes in the Bathes syde, and other necessaries most decent. And truely, I suppose that if there were

A sanctu-
ary.
market.
Fayre.

A licenſe to
eate flesh
would doo
well.

for the sicke a Sanctuarie, during their abode there, for all causes, sauing sacriledge, treason, murther, burglary, rape and robbing by the hye way syde, with also a lycense for the sicke, to eate fleshe at all tymes, and a fryday market weekly, and two fayres yere, it should be to the posterities, not onely commodiouse, but also to the Prince great honour & gayne. It is situate in a goodly seate, and that in an excellent and hungry soyle, passing healthy, and in tymes would grow, to be very welthy: and the commons about, would be reduced to great fertilitie, for the ground on the one side is full of Lymie stones, bzinging god grayne: on the other, a fyne black moulde, and a grosse. Great pitie, that such commons in all places be no better manured, seeing that infinite thousandes, in the realme, might the more be main-
tax

tayned, not onely to the great preservation of the kingdom, but also greater to the princes reueneue. For foure partes (I dare say) of the land lyeth waste, and common, that might be brought to the publique profit, as well to the increase of men, money, and munition: as, to the greater ferroure of forrayne Dominion, how so euer ydle wittes vse to comon with a Shephardes cloke of their owne framing. Now be it, in winter it is somewhat stormie: but yet nothing lyke Berby, Kendall, in Cumbzeland: nor to Brecknocke in Southwales: nor to Kayer Peruame, in Northwales: nor to Bodnam in Coznewall: all the which notwithstanding, be goodly Townes, and wealthy, and through industrie, made to the state, very profitable, as in tyme no doubt, this would: hauing passing them (as you may perceyue) a thousand partes; a commoditie, vnto the whiche, out of all quarters of the worlde, not without iust cause, would repayre very many, and the rather a great deale being in this sorte furnished, to their benefyte, with a Phisicion, placed continually, that might not onely counsayle therein how the better to vse Gods benefyte: the which, God willing, shalbe appointed, but also adapt their bodies; makinge artificiall Bathes, by vsing thereof, as the case shall requyre, with many other profitable deuyses, hauing all things for that vse, or any other, in a redinesse, for all the degrees, as before it be longe, it shal be scene, of the noble Charles own performing. All these things layd and grounded, this resteth of vs further (as it may) to be discussed, whereof the Bathes take their benefite: and therevpon, what they ease and helpe, as dayly ther is approued, with other things thereto appertayning: the which be the markes we intend to runne at. By comparyson, they be like the pepper Bathe, besyde the heade of them Rhene (as by Fuchsius, in Institucionibus, we may gather) sauing that the pepper Bathe (sayth Munsterus, in Cosmographia sua) continueth so longe, as the springing

A. ij.

ging

A Phisicion
entertaineth
alwayes.

Buckstones Bathes Benefyte.

ginge hearbes, and grasse, doth remayne, in their flourishing
force, and vertue. But these, so longe as the matter feeding
them, doe not faile. And surely, the sweetnes and pleasant-
nes of the water, of the Bath: sheweth some excellent ore:
rather then eyther Brimstone, allume, bitumen, iron, cop-
per, or any other such like, for then, it should in drinking be
perceyued, by tast. Of all which tastes, looke in my second
booke, of Bathes arde. Albeit trew it is (as affirmeth Galen
de sanit. tuenda) all such hot Bathes, of such minerals haue
force of drying: but in these, you shall find no such sence, but
so fayre, so pleasau nt, and delectable, that it would seme, to
be a dulce Bathe, made by arte, rather then by nature. How
beit the effect declares Brimstone th be therin, and therfoze
I would haue this of you to be noted, that salt water throu
often straining, vpon fresh sand, is made again swete, I
meane tasteles: and so may other waters of other mine-
rals also, for the ayry part, being purified from the earth-
ly, in this wise, or by Lymbeck returneth againe, to his
owne nature, and so this may: both for bycause the interne
heate, is far distant (as we haue said in another place) and
also, the water running from far, through the fayre sandy
earth, may be purified from the sent, of the minerals, and
so lose his taste, and yet, not without greate vertues, both
manifest, and hidden, as you may perceyue, by that which
is and shalbe said. Seeing we graunt God (Aristot. vniuer-
sall nature) hath bestowed vpon vs these Bathes, for our
great benefite, if so be that, ther can be nothing (as saith Ga-
lene de vsu partium) which better, or more redily, taketh a-
way distemperature, of heate, or cold adine qualities, or
evacuateth, by the pores, the superfluous humores, then a
dulce or pleasunt Bathe: or that also, maintayneth health
more: for when as it is, by nature moyst, and moderately
hot, by humiditic, it humecteth dryeth, spronge of heate: by
heate, it heateth cold, caused of congeling: by moderate clo-
sing

A matter
worth the
noting.

Effectes of
the Bathes.

Ang, through dryeth, strengthneth the loosed: as by insensible perspiration, it mundifieth al partes, the which thing, is well proued dayly there.

Therefore, when the actions or vles of the partes be depzaued, diminished, or quyte abolished (a worke that shall shortly be made speake Englishe: for that all men may knowe Gods meruaylous might in their framinge: and to what ende euery part serueth) by any, of the aforesayde distemperatures, properly, or accidentally, not mortally: nothing more safely, nothinge more aptly, nothinge more delicately, reduceth them to their olde and pristinate actiuitie: then the dulce, or delectable Bathes, or Welles of Buckstone. For (as Auicenne sayeth in Canon.) the weake members be aswell strengthened with such medicines, as temperately heate, aboue their naturall propertie, as eased of their grieffe, by qualifying the discriasie, in any or all of the partes. And this, it dooth by reason that it rarifyeth, aswell the partes, prouoketh expiration, and wypeth awaye fylth: as that it firmeth, ioyneeth, and consolidateth the loose, weakened and seuered substance, of the simple, or compounde partes, measurably qualifying the ouerheated members, and drying, such as be ouer moyste. Therefore good for all such diseases, as come of ouer much contrary heate, and for such as come of ouermuch colde moysture, for chollerique, and salt humoze parched, and compacte together, by which, we may gather, that it is good for such.

How they
be good.
vvhath sick-
nesses they
cure.

Rheumes.

Feuers.

Headaches.

Weake sinewes.

Old scabbes.

Ulcers.

Crampes.

Pumnes.

Itchinges.

Shrinkings.

Kingwormes.

Apoſtemes.

And

Buckstones Bathes Benefyte.

And for these diseases following, beside many of the griefs mentioned in my first booke of Bath, which causes and accidents, I wish you to looke there: supposing at the first employt, to be sufficient to note here those sicknesses, that may not only probably be coniectured: but also daily proued that those Welles helpe.

Women that by reason of ouermuch moisture, or contrary distemperature, bee vnapt to conceaue.

Also al such as haue their whites too abundant, and that bee ouer watry.

Item, weake men that bee vnfrutefull.

Likewise for all that haue Priapismus, and that bee perboyled in Venus gulf.

Profitable for such as haue the consumption of the Lungs.

Beneficiall for such as vomit blood, as hath bin well proued.

Very good for the inflammation of the Liuer.

Excellent for ouermuch heat, and stopping of the reins.

Beneficiall to all such as be disquieted with burning of vryne.

Good for the Strangury, and continuall desire to make water.

Unordinary desire of going to the stoule; doing nothing or very little with great payne, it cureth.

It stayeth wasting of mans seede, the Vemozoydes, and Pyles, it some amendeth.

Against the ouerflowing of womens monthes, it much auayleth.

It taketh away the Vicket.

Ouermuch vomiting it easeth.

It openeth the obstructions of the Milt and Liuer.

For them that be thort winded, it much auailleth.

Fluxes of the Milt and Liuer, it maruelously amendeth

The

The greene sicknesse perfectly it cureth, and the moze
 the we sooner it expelleth.

From the Stone it safely descendeth: and the healthy
 people in good state long it preserueth. Now, you that will
 repayze vnto the Bathes, for any of these infirmities, as
 also for others not named, and shall happen to come alwaye
 vncured, I would not wishe you, forthwith to exclaime by
 pon God, and good men: by cause, by and by you were not
 healed, for some infirmities bee deaplyer rooted in the partes
 thzough pzolonging of tyme, then that any remedy perhaps
 will extend to the redzesse, as Amatus Lusitanus, in introitu
 medico ad agrotantem, affirmeth: and therefore myne ad-
 uyce is, that such as be so asserayned of the Physicions, that
 they thank God, as all godly and wyse men, from the begin-
 ning haue done: and let them praye and pzoue agayne, and
 not sticke for any payne, cost, or trauayle. For what auay-
 leth all the woꝛld, and a man to lose his owne lyfe: sayeth
 Matthewe the Euangelist: or what pleasure, I pray you,
 hath a man in riches, possessions, Nobilitie, Soueraintie
 (woꝛldly vanities) whē as in the woꝛld, his owne body, is as-
 perly assaulted with eatinge vlcères, deuouringe wolues,
 Warpe crampes, fretting bowelles, frantique fittes, and a
 thousand other, intollerable batteries. I thinke surely,
 then hee had rather be poꝛe Codrus, in health, thifiting for
 his poꝛcion, then riche Mydas, so afflicted, wallowinge in
 dꝛosse: whiche we abusiuely call woꝛldely wealth, when
 as very wealth, is health. For without health, all richesse is
 carefullnes, pleasure vnprofitable, company greuouse, in
 bzief, all things odious. Wherfore take indication of thyne
 owne constitution, out of my tables in Bathes ayde. What
 is in them accoꝛding to nature, what naturall, what not na-
 turall, best for thy vse, and how agaynst nature thou art af-
 fected, that thou mayst be perfect, to the Physicions wherin
 thou art to request ayde, and not as the blind man, casteth his

B. i.

Raffe

prayer best
 plefeth God
 and most
 profiteth
 man.

Helth the
 best vwealth

The prety
 knowledge
 that the
 bookes of
 the Bathes
 of Bathes
 hath.

Buckstones Bathes benefyte.

traffe, runne to it: but firſte know what is in thee, according to nature amiſſe, by them agayne, to be amended: Of which (God bee magnified) there were neuer better, nor greater ſtoze in our lande, euen of our owne Nation, than bee at this day: comparable (I dare ſaye) both for wyſedom learning, and experience, to any in all Europe. Althoughe, (I knowe not how) ſome darnell is crepte in amongeſt the good corne, to the diſhonour of our Creator, to the deſtruction of our Quene hir Maieſties Subiectes, and to the great ſclaunder of the arte of all other, (as Montanus witneſſeth in Anazena morboru) farre the nobleſt. Inaſmuch as lyfe & health of mans body excelleth all other things in y^e world. But, I will trouble you no longer with ſuch their vanities, for our laboz is (if it may be) wholly to your profit, in expreſſing a compendious diſcourſe of diſt, needful to be conſidered.

The great
effectes of
dyet.

Dyete of Galene is called, The uſe of neceſſarie cauſes, in Epidemijs, of Auicenne good gouernance, and of vs, in our Tables in Bathes ayde, things not naturall, all one in meaning, cunningly handled of Aetius, who ſayeth:

The ſureſt way to the rootinge out of any ſickneſſe, is Diete. Affirming further, that by Diete long diſeaſes finde moſt benefyte. The which thing alſo, Galene affirmeth, c. 8. ſecundum loca, that diſtemperature onely, ſo is not healed, but alſo many great and greuouſe ſickneſſes are by it cured. And therefore I would not with any other meanes to be ſought, where onely good diet dooth ſerue. The which thing Plato affirmeth in Timæo, and after him Damascenus, in Aphorismis, and Arnoldus in parabolis: vtterly reiectinge ſuch, as of Diete make none account.

To the vſes of neceſſarie cauſes, threë things are expedient to be voyed, qualitie, quantitie, and maner of order.

Qualitie is ſhelved by the conſtitucion of the ſickneſſe, which in things to be receiued Hippocrates hath made plain wꝛiting in this manner, 6. Epidemiorum. In ſickneſſe there
muſt

must be a contrarie Diete. Also, primo Aphorismorum, decimo sexto: *Hoyste Diete* profyteth all persones troubled with a feuer: and especially children, and such as haue accustomed to lyue so.

But befoze we proceede any further, it shall not be unneedfull, to note vnto you, by the way, the tymes of sicknes vniuersall, which be foure: Beginning, Augmenting, State, and declining, as testifieth Galene, libro de morborum temporibus, & primo de Crisibus.

Tymes of Sickneses.

Quantitie, is discryed by the knowledge of the force of constitucion of the sicknesse, of the tyme, of the particular encrease, and of the strength, of the party affected. If so be, that the full dyete encreaseth strength, the meane preserueth it, and the slenderest deminisheth it.

Plentifull, is that which encreaseth the strength of nature, as that which is made of new layd egges, of phisicall confections, and of such holsome meates, as shalbe hereafter mencioned.

The meane, or that which is neyther plentiful, nor sparing. Galene called a temperate Diet, as that which is done by fewe meates and such as be of small nourishment, as is the iuice of *Hyssane*.

The slenderest is that which is appointed in the tyme of Crisis, which is, a soddayne alteration of nature, cyther into better or worse, as Galen defineth it lib. ter. *praefagiorum* comment. pri. & lib. secund. aphorif. comment. decimo tercio, & vicesimo tercio: & lib. pri. *Epidemiorum*, comment. 3. abstayning altogether, or taking something of least nourishment, as is *Mellicratum*. Therefore, if vertues or strengthes, haue their lawfull powers, and the chiefest force of y sicknes looked for of nature, it shalbe lawfull to vse a most slender diet.

But if the strength be weake, it shall not be conuenient, without great hurte, but rather, to adde so muche nourishment, as of the Strength is diminished.

B. y.

For

Buckstones Bathes benefite.

For, euen as euacuation is made before concoction, the matter prouoked: so shall nourishment be had in a tyme not to be sed to eate, to keepe the strength from bitter sayings, as Auicenn teacheth primi phen quarto. Wherby it cometh to passe, that oftentimes in fittes, meates be giuen. And therefore sometime we must giue nourishment, in the shakinge of the fyt: the which thing, Galene testifieth, de picrochois, primo therapeutices, apho com. 9. And sometyme in y very burning of the fitte, that is when any grievous accident happeneth, dissolving the strength, nature not aggravated: say, where the powers shalbe decayed, by reason of manifest emptying (as the same Galen sheweth), or because of extreme sweat, dissolving the strength, or else, by reason of ouerlong abstinence: all these shas affected, require nourishment most speedily.

Contrarie wise, they which by reason of graue, or because of the state of the sicknesse, haue the faculties not stronge, doe neede now and then euacuation rather, then filling: nay he which giueth meate to such, is cause of great hurt, vnto them. So much likely it is, that those which be ignorant in Physike, can appoynt what meates, or at what tymes, or what qualitie, or quantitie, to the sicke ought to be giuen. Hence it is made euident, that euery sicke persons doth not require nourishment.

In euery sharpe sicknes, a most slender dyet is required. In milder sicknes, a larger dyete may be permitted.

In cronicke or longe diseases, we doe diminish the dyete, and very many of them, besydes feuers, are rid with a slender dyete, as Auicenne testifieth, quarti phen. primo. And therefore in the curing of the frenche poxe, we finde, the newe Diete is not profitable, as Nicolaus malla in tractatu suo, de morbo Gallico, Iohannes Aluencar de hic Hispanica, Benedictus Victorius, de morbo Neapolitano, Valerius Heronius, de morbo Gal, with infinite others, doo testifye.

The new
dyet profi-
table.

In state of the sicknes, wee muste vse a moze slender, dyet, yet first so plentiful, that it may suffice the sick. Wher- vppon Aristotle saith, Secundi Problemate, quinquagesimo secundo, in the beginning of the sickenes, it is good to giue meate. Celsus, contrariwise affirmeth, abstinence in the beginning of the sickenes, to bee beste. But truely, the one is ment as (I think) of the time of sicknes vniuersall, and the other particuler, and of this mynd is Montinũs, in compendio facultatis curatoria.

By panges or fits the quantitie is altered: and in them it shall be conuenient to abstayn, for it behoueth to giue nothing, to them that by cyrcuites haue fittes: except perchance when the fitte doth begin to leaue. For then must meates be geuen, when heate shall come euen vnto the foete. To conclude with Auicen in Quarto phen. pri. Sometyme wee take away nourishment, often tymes we do deminish, somtyme we make euen, somtyme we do encrease.

It is wholly taken away, when we desire to empty humores, bycause of digestion, as in state, and in very sharp sicknesses, and in them that bee of matter. But in leane persons, and such as haue Hectica Febris, and that be in consumption, it ought to be increased.

It is deminished, that the strength may bee by nourishment preserved to thend, that we may prouide for the matter, neyther ought nature to bee hindred with multitude of ouer much nourishment, as in augmenting, and in acute or sharp sicknesses, and in the cronike or long also, yet lesse then in the sharp. And it is deminished two wayes, for somtyme we are compelled to lessen the qualitie, and to encrease the quantity, as in Bolyismus that doggish appetyte. And often tymes we are constrained to encrease the qualitie, and deminish the quantity, and when wee endeuour to strengthen the body, and the nature of the stomacke is not strong enough, for a fuller diete.

Buckstones Bathes benefyte.

In the beginninges of sicknes, we do giue an euen dyet, which doth neyther augment, noz deminish the strength of the body. For first we must deale plenteously (as Galen wil- leth primo ad Glanconem) that the sicke may suffyce.

In declination we do encrease, for it behoueth to make encrease, lyke to the deminishing, which was afoze in state. Therfoze Galen doth teach Tercio artis parux, that the arte which doth refresh, and strengthen, is conuenient for them that be whole.

In sickneses euen to be digested, and in strong state, vse abstinence.

When the strength is weakned, and the sicknes hard to ouercome, Galen commendeth Pri. ad Glanc, to vse a larger dyet

The shewing of the manner of vse, is also taken of iiii. thinges afoze said. For if the strength shalbe weake, and the disposition be of corruption of humours, or of want of them, we shall giue the sicke but a little nourishment, a little in doede: bycause his weakenesse, can not sustaine at once, the whole multitude of nourishment. And often bicause the dis- position needeth many thynges: if so be that, wanting doth neede adding, and corruption cleansing.

If with weakenes of the vertues or strength, there shal- be neyther any wanting, noz any corruption, neyther yet lacke of naturall humoures, but that they shal abound, then we will giue fewe thinges, and seldome, and so much the rather, if the humours shal abound.

But if ther shalbe want of humoures, or corruption, and the vertues strong, then we wil giue much meate, and ef- ten, as the disposition may requyre, and nature strong able to digest it.

If the vertues, powers, or strength shalbe strong, with a disposition of the pleurisy, then we wil giue seldome, and little at once, bycause the preserued state doth not neede much.

much.

Furthermore, in Sommer tyme, often few things must be giuen: for that then the body needeth much adding, as those which be dissolved, through vapoures (as you haue hard) and haue but a weake strength.

In the winter season, much may be giuen, by reason the actions be stronger, yet seldome, bycause the sicke doth not neede very much, adding as they to whom, there is not much euacuation made.

In the Spring, wee will nourish with fewe things, and that a long tyme: as also in full dispositions, if the powers bee stronge.

Haruest or Autumne is likened too diseases which are caused of corruption. Therfore they which therein be sicke of an ague (of all which agues you may looke in my booke, entytuled, the Diall of Agues: the faultes wherein, escaped in the print, shal shortly be amended, with further matter) do need a continual adding of the best nourishment, if y^e vertues bee stronge. But if they bee weake, little at once, and oftentimes.

Lycelwylfe sayth Galene, 1. aphorif. commen. decimo septi. a man maye take indication of ages, custome, region, climates, &c. reducing them to the two first intentes, for the premisses, do shew the body weak, or stronge: aboundinge, eyther with good humores, or lacking humores sufficient, or depraued with illenes of humors. Of which it is euident, that the force of the strength, sometimes (as in diseases which grow throug corruption or want of humors, or else in Autumne) requireth much meate and often: and many tymes little and seldome, as in Sharpe sicknesses. It is also euident (to such as are expert in the Diatrique part of phisicke) when meate little, and often, much and often, little and seldome, much and seldome, is conueniently to bee gyuen to the sicke.

Ther

Buckstones Bathes benefyt.

Wherefoze seeing this arte, of al artes is the chiefest, it is not the least parte of knowledge to appoint diete, as Galene vndecimo therap. sept. methodi medendi, iudgeth: who also commaundeth that we should appointe one kynde of Dyete, the indications agréeing, but then disagréeing, we must pferre those which be stronger and most, so that the dyete, which they pscribe, be obserued, and the contrarie neglected.

In diseases vncurable, for the better sustayning, of the sicke when hee lyeth, a most light dyete in qualitie, contrarie to the infirmitie, and cause must be pscribed. But by reason of the quantitie, for the onely respecte of the vertue, strength, or appetite, it is appoynted as though no disease were.

Nourish-
ments wher
of they
spring.

Now, all nourishmentes, whereof Dyete consisteth, spring of the first commixtion of Elementes, and they be eyther of seedes, plantes, or liuing thinges. For, as Fernelius saith, libro secundo, de abditis rerum causis: Nothinge can nourishe vs, which is not itselke nourished, and endued with lyfe, as these be. Certayne of these be simple, certayn compound: Some doe worke in matter, some in qualitie, & matter, as sayth Dioscorides, de medica materia.

Of these, the one sorte be simple meates, of meane temperature, endued with no especiall qualitie.

The other be mixed, and are called Medicinable: bycause although they nourishe, yet in qualitis they doe alter and chaunge the body of the receyuer. Wherevpon there is of nourishmentes a double facultie: One by which they alter, the other by which they nourishe.

The former is knowen of collour, smell, and taste, and also of those things, which doe excell, applyed outwardly, or receyued inwardly.

The latter is knowen by no reason, but by experience onely: bycause the whole nature of the thing nourished, is
a cer.

a certain propriety to their substance, of Galen called a like-
nes 3. ther. By which reason nourishment is swéete, and plea-
sant in taste, and as the familiaritie of them, is by pleasant-
nes perceued, so is the contrary by vnpleasantnesse tryed,
if so be that those things which do differ from nourishment
of their whole nature, are vsauerily eaten.

Let ther be saith Galen. octo therap. in all sicknesses this
foresight in dyet, that the meate be of good iuyce, and of easy
digestion, bycause as Auicenne sayth Secund. Phen. quart.
Euery person sick is hurt. Therfoze of meates of euil iuyce
euill iuyce is gotten, Galen hath made manyfest, in lib. de
Euchymia & Cacochymia, of how great force it is to engen-
der sicknes.

Meates which principally nourish, slowlyest perce, for
such be grosse and slimy, to the end they may stick fast, and
not easely to be outbreathed by vapour, but such as are hard
ly digested.

Meates of
strong nou-
rishment.

Contrarily, such as swiftly perce be of subtile parts, byit-
tle of substance, light of digestion, but of litle nourishment:
Wherefoze swift nutrition, as testifieth Galen. 3. de causis
pulsuum dayly is not needefull, as is that which is made by
wyne which is hot, and moyst. Of this, Hippocrates sayth,
Libr. de alimentis. To recouer strength as in swoonings: of
dyetes the moyste is principall, although yet soner by swell-
ling (as you may find in my iij. booke of Bathes ayde,) and
also in them, whose partes be weake, ouerdyed with infir-
mity, that the nourishment may the better enter and be
drawen into them, of the which nourishmentes, it is bygh
tyme that something be spoken.

Of graynes, of corne, is bred made, the diuersity wherof
Mhænceus libr. de honesta voluntate, Hermolans in corelario,
haue expressed.

The best bred is that which is made of wheat, well baked
somewhat leauend, neyther to new nor to old, for the crased

Best bread
of wheat.

C. s.

at

Buckstones Bathes Benefyte.

at al tymes helthiest.

But bread of dyuers graines, of diuers soymes, in dyuers places be vsed. Some countrys make bread of cleane wheate, for the most part, as in Somersette Shyre, Kent, Lincolne, and Norfolke, some of beanes, and pease, as Leicestre Shyre, and in Nothingham Shyre the claye, of which reade Tussard his husbandry. Some of Rye, as in Archenfeld, and in Stafford Shyre, some of Miscelling, or Huncoyne, as in Worcester shyre, and Sallope. Some of Otes, as in Lancashyre, Cheshyre, Cumberland, westmerland, and Cornewall. And some of big or winter beare, some of Lentyles, some of Fitches, some of Tares, some of French wheat, most in vse for Rustikes. And into diuers soymes these graines may be reduced, some in soyme of manchet vsed of the gentility: some of great loues, as is vsual among yomanry: some betwene both, as with the franklings: some in soyme of Cakes, as at weddings: some Rondes of Hogs, as at bpsittings: some Simnels, Cracknels, and Buns, as in the Lent: some in brode cakes, as the ofen cakes in Wendoll on yrons: some on Slat stones: as in the hye peke: some in frying pans, as in Darby Shyre: some betwene yrons, as wafrons: some in round cakes, as Bysket for the Ships. But these and all other the mayne bread of York excelleth, for that it is of the finest floure of the Wheat well tempered, best baked, a patterne, of all other the finest.

This largely handled, bycause, the others kindes, some haue preferred befoze that (which is best) of vs first appointed.

Thrift defined.
Drink, the remedy of thirst, which is an appetite, of a thing cold and moyst: doth therfoze eyther cole as vinegre, or moisten as wine, or worketh both as Oxicratum, or cold water (as Pline affirmeth, lib. 28. Cap. 4.

Furthermoze, dzinke doth eyther mingle the partes of the meate, or else conueyeth the meat through the whole body,

body, as Ioanicius teacheth. It is of two kyndes, not nourishing as water, nourishing as wine, ale, beere, ptisane, &c. vvhath drink doth.

The measure of dzinke, is that which dooth neyther swimme on the stomacke, neyther bying any sense of ouerflowing, as testifyeth Galene, septimo methodi medendi: vtterly condemning all ryotous quaffing, a vice, nowe too commonly vsed.

The best dzinke for the crased at Buckstone, is meane Ale, neyther too new, nor too stale, not ouerhopped.

Your fleshe shalbee most ordinarie, as followeth, mut Meates.
 ton, Byd, Conic, Rabbet, Veale, Turkey, Capon, Henne, Chicken, Pheasant, Partrich, Kayle, Curlyew, Cnotwyppe, Woodcocke, Snype, or any other clouen footed fowles, Douched egges, or reere roasted is also right nourishinge meates, as is aforesayd.

Fruites, albeit in most regimentes be forbiddē, of these kyndes may be vsed, Almondes any way dzessed, Kaceines, Figges, Pomgranates, Quinces, Wardens, and Chestnutttes roasted, Kyce, Parmalad, Greene Gynger. So may confortatiues, conserues, or cordial Confections, or to them that haue cold diseases, or bee of a cold constitution. Wynes of these kyndes may bee permitted, as a cuppe of Sacke and Sugar, if the disease doe not forbid it, or of good Gascoyne wyne, to them that be leane, with Sugar, or whyte Pasmulyses of Madera, a myas of good Ale, a calwdell, or Alebury, although afoze in the generall dyet I haue not touched it. Some frutes admitted.

Moreouer, fishes following may bee permitted, although license be obtained, Trught, Creuis, Breame, Barble, Cheuion, Berch, Kotche, Bret, Gurnet, Whyting, Smelt, Cod, Myllers Thombe, Bully head, Roche, &c.

Now for your meates, they wilbe best at x. or xi. a clock, if you can fast so long: if not, take some small refection before you go into the Bath, or not long after you come out, if you enter not into your bed, nor receyue any medicine. Meales ordered.

Buckstones Bathes Benefyte.

Your houre of supper shalbe about five of the clocke: but after I would haue you to vse no meate that night, noz yet drinke, if you can abstayne.

More cloths
at Buckston
then at
Bath.

ayre very
holosome.

Alwayes prouided, first when you come thither, bicause the ayre is farre colder and moze sharpe then in any part of the South, that you bee well clothed: Hauing also good fyre: especially tender persons, and such as haue ben bzought vp in the South cities, and they whose pores bee open, albeeit the ayre there is very wholesome, as that which is pure, infected neyther with exhalacion of standing pcoles, & ditches, as is Wynt marsh in Sömerset shyre, or the Fens in Lincoln shyre, or Houlderhes in Yorke shyre, neyther with any pestilent ayre, as were those deepe holes about Sardis, and Hyerapolis, mencioned of Galene, secundo de tuenda valetudine. Neyther with such euill ayre as issueth foorth of Lodes, Synckes, Sewers, and draynes, as about the Flæte bridge, Holburne bridge, Towre ditche, and Bydewell, at London, &c. Neyther with such, as commeth of Wempy grounds, as in Holland: neyther with such as come out of great meres, compassed on euery syde, with the hilles, as in diuers partes of Cumbzeland: neyther with such as commeth of houses fulsomely kept, as in Irelande, slaughter houses, and Shambles. All which ayres bee hurtfull to all ages, as contrarily, that which is pure, as is at Buckstone, is to all most profitable. But the diuersitie of ayre whiche happeneth of dryeth or moysture, heate or cold, it is not of it selfe to all alyke, but to such as bee of the best temperature the best tempered ayre is most holesome. But in those, in whom any abounding qualitie hath soueraingtie, the ayre which is most against that qualitie, is to them most profitable, the colde to the hote, the hote to the colde, the moyst to the drye, the dry to the moyst, as it is reason. So much moze as the moysture hath exceeded meane, & this to haue vnderstanded, in this place, bzæfly may suffice. For how you may defend

defend you from the colde ayre, that enuironeth you there, is with sufficient garmentes & good fyre, as is afoze exprefsed. Furthermore, you maye vse a moze large Dyete, at Buckstons then at Bathe.

But first, wee will somewhat entreate of exercise, which shall take place afoze meat: for so Hippo. hath appointed in his Aphorismes saying: Labour must goe befoze meate: also in his vi. Booke de morbis popularibus, hee hath these wordes in order, labour, meate, drinke, sleepe, &c. shall bee meane. But, whether labour, mouing, and exercyse bee all one, or do differ in themselues, shall appeare. Euery mouing truly, shall not bee an exercise, but that whiche is vehement, and that which in some is vehement, may in other be thought to be but an exercyse: to y other some not. Therfoze, the ende of this vehement, shall be alteration of bzeath: seeing in whom there is no alteration of bzeath, it is not to be called an exercyse. The which thing Galene testifiyeth, libro secundo, de sanitate tuenda.

profitable
exercises.
before meat

Vehement
and not ve-
hement ex-
ercyse.
Exercises
definid.

Utilitie of exercyses is double: one to the euacuation of excrementes: the other, to the conseruacion of the state of the body. For of vehement mouing, thre things are obtayned: Hardnes of the partes through dayly exercise: Increase of naturall heate, and a Swift mouing of the bzeath.

By hardnes of the partes, they be lesse affected with labour. By encrease of heat, not onely mighty attraction, is caused in the body, but also a speedier alteration, a better nutrition, and a perfecter distribution into all the partes. By benefyte wherof the solide partes be kept softe, and the moyst be thynned, and the small wayes of the whole body, be made moze loose.

But of the moze vehement force, of the bzeath, followeth necessarily, all the meaptes to be clenzed. Nowe, if exercise work this, with very many moze, as the clenlinge of the excrementes of all the bodye, at large exprefsed of Galene

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in his woꝝkes de sanitatē tuenda. It shall not be vnprofitable to appoint the tyme and measure of it. And bicause it helpeth digestion, it ought not be vsed, when multitude of raw meate is conteyned in the vessels, least it might bring great daunger vnto the state of good health, and further encrease the griefes of the sicke, by augmenting of iuyce before it were (as is sayd) altered perfectly. So that the exercise is best which is before meat: if so be that y^e bodyes which be vnpure, and vnpurged of commune excrementes, the more you nourish them, the more you hurt them. Of this, I suppose it is euident, that the time for exercise is best, when the last days meate is digested with a double concoction, as well that which is in the stomacke, as that which is in the vessels of blode: for then the tyme of meate, agayne draweth nye: and if you vse exercise sooner, or later, you shall eyther fill the body with rawe humoures, or encrease pale chol-
ler.

A rule to
know when
exercyse
shuld begin

When you shal beginne any exercise, your vryne, state, or water may serue for a good note. For if it be (sayeth Galene 2. de tuenda sanit.) like cleare runninge water, it shall shew the iuyce yet to be rawe. But if it be higher, then ambrise or betwene it and iacinthe, yellowish or chollerique red, it shall shewe the iuyce to be digested longe before, sayeth Aegidius, de iudicijs vrinarum. That which is yellowish, or pale, sheweth the second concoction to be finished, as sayeth Actuarius, in lib. de vrinis. But if the vryne shall not be mixed with cholour (as is aforesayde) it shall seeme watery, thinne, and cleare. But if it shall haue receyued more of the cholourique substance, then enough, it shall appeare red sayeth Montanus, lib. de vrinarum iudicijs. Therefore when it is meynely redde, or meynely yellow, then is exercyse to be vsed: but the excrementes first expelled, as well ordure, as vryne: for so Galene secund. de sanitat. tuend. willeth.

To

To the sickly, small exercyse will serue, by reason of feeblenesse, not able too suffer pantynge, neyther verily so violent for them thalbe requysite. But if their strength will sustayne it, an exercyse conuenient for theyr callinge, thalbe vsed.

The Ladies, Gentle Women, Wyues, and Maydes, maye in one of the Galleries walke: and if the weather bee not agréable too their expectacion, they may haue in the ende of a Benche, eleuen holes made, intoo the which to trowle pummetes, or Bowles of leade, bigge, little, or meane, or also, of Copper, Tynne, Wode, eyther vpylent, or softe, after their owne discretion, the pastyme Troule in Madamie is termed.

Trol in.
Madam.

Lyke wyse, men feeble, the same may also practise, in another Gallery, of the newe buyldinges, and this, doth not only strengthen the stomack, and vpper parts about the mydzyse, or wast: but also the middle partes beneath the tharp Gysle and the extreme partes, as the handes, and legges, according to the wayght of the thing trouled, fast, soft or meane.

In lyke manner, bowling in allayes, the weather conuenient, and the bowles fitte to suche game, as eyther in playne or longe allayes, or in suche as haue Cranckes with halfe bowles, whiche is the fyner and gentler exercyse.

Bowling.

Shotinge at Garden Buttes, too them whome it agréeth and pleaseth; in place of noblest exercyse standeth, and that rather wyth longe Bowe, than wyth Tyller, Stone bowe, or Crosse bowe. Albeit, to them that other wyse can not, by reason of greefe, feeblenesse, or lacke of vse, they may bee allowed.

Shoting the
noblest ex-
ercyse.

This

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This practise of all other the manlyest, leaueth no part of the body vnerercised, the brest, backe, reynes, wast, and armes, withdꝛawing the thyghes, and legges, with running or going.

wind ball or
yarne ball

The wind baule, or yarne ball, betwene thre or foure, shall not bee indtile to be vsed, in a place conuenient, eache keeping their limite. For tossing, wherein may bee a very profitable exercise, bycause at all tymes, they keepe not the lyke force in stryking, so that they shall bee constrained to vse more violent stretching, with swifter mouinge at one tyme, than another, which will make the exercise more nymbly, and deliuer, both of hand and whole body: therefore encreasing of heat, thꝛough swift mouing in all partes the sooner.

Plumbes or
vveightes.

Plumbetes, of Galene termed alteres, one boyme in eche hand, vp and downe the stayers, galleries, or chambers, according to your strength, maye bee a good and profitable exercise: so may you vse wayghtes in lyke maner.

Bow lyne,

A fyne Hallyer or Bowe lyne, a sorte or two hyper then a man may reache, fastened in length, some way, shall not bee vnprofitable, holden by the handes, thereby to stretche them: very excellent aswell for stretching of the mydꝛife, interne panicles and wast, with all the rest of the partes, as also, to preserue and defend them from apostemies, obstructions, and paynes thereto incident.

These exercyse of your owne power, I thinke, for thys place sufficient. Nowe, wee will shewe howe they may bee profitable vnto you thꝛow others mouing, aswell by wagon, charriet, hozselitter, and ryding, as by Cradle, and Chay or hanged, in sorte as to that vse may be best framed, all very profitable, as they may bee exercised: much, little, or meane, close, or open in the ayre, as to the parties shall bee requisite: taking tyme likewise in the vsing, swift, slowe, or meane, longe, short, or meane. And so likewise in rocking

king by vice, or engyne: or on the floure which is more sha-
king. And therfoze to them that may suffer it, more profita-
ble.

The other good, to weaker persons, as that in frame, con-
ueyed by pendent, from one to another, standing a sunder,
accozding to the length of the engyne, thre or iij. sedome,
drawen from them to the other, swift, slow, or meane, long,
short or mean, as to the party shalbe conuenient. Omittting
other deuises, to oportunity, and Whiskitions further discre-
sion, as to their owne patients, shalbe necessary, and decent.
At large entreated, of Galen in his arte of mainteyning
health, from the tender age of Infantes, vntill they become
old men, liuing all their lyfe, in health, vntill their last age,
and then dye without paine, whither you may resozt, for
your further contentacion, seeing our scope is, but of the
benefite of bathing.

Before you enter the Bath, tary two or thre dayes, as
well for resting of you, after your long trauayle, as also
to acquaint you with the ayer, vsing some melody, the which
thing Aesculapius worthily appointed, saith Galen, & in deed
it refresheth the witte, encreaseeth strength, and melancholy
it putteth to flight.

Times of bathing, shalbe both morning and euening, but
after your exercyse, and purging, and altogyther, before
meat. And that when the Sonne is of a good hight, the mis-
ty exhallations, being into the second heauen attracted, the
wether fayze, and in the somer season, as betwæne the be-
ginning of May, & the later end of September. Saying the
praier in the later end of this booke, on your knees, either in
the appointed places, or in your chamber, or on the Bathes
side. But in pestilent seasons must vtterly be auoyded all
Bathes Georgius Agricola Libro de peste, et Rasa Libro de
peste.

In the bath you may tary ij. or. iij. houres, if you please,

D. j

and

Rest before
bathing.

Bathing
times best.

Buckstones Bathes benefyte.

and in especiall if the cause, sicknesse, or græfe requyre, and the body fit for it.

Bladders
full of warm
water,

After you come forth, your clothes well ayred, your body well dryed, and especially your head, if the disease shall requyre, into your bed with twobladders full of the water, made hote on the fyre, the one apply vnder the arme holes, & the other in the twyfte, and there sweate, as your strength will beare.

This done, drye your body ageyne, and rubbe it all ouer, as the infirmitie may requyre. Howbeit not in euery one, vntyll the skynne be redde, but if such frycacion bee appointed, keepe your bedde for two or thre houres after, lest the small meaptes being opened, a suddaine alteracion may happen, of nature altogyther abhozred.

Force of fricacion.

Fricacion hath force too loose, to binde, too entrease fleshe, and to diminishe it, sayeth Hippocrat. That is, the hard to binde, the soft to loose, the much too diminishe, the meane to encrease fleshe. Howbeit, as may seeme, in Galene his tyme, diuers Gymnastickes inuentinge other innumerable differences of frications, wan great prayse: in so much that they were supposed, to haue founde out, concerning frications, more then Hippoc himselfe, amongst whome then a Prince of the Gymnastickes, wrote, in Gymnasticis, de differentijs frictionum, in this wyse: Amongest our preceptes of frycacion, it seemeth good vnto vs, that the Qualities bee ioyned with the Quantitie. For of them selues, they bee so vnperfecte, that no absolute effect, or successe, can procede of them: bycause soft frycacion for the Quantitie, needeth a thre fold operation. For, little doth lightly make the fleshe slacke, and soft to be handled.

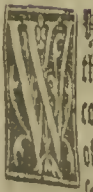
Hard doth enapozate and dissolue: meane doth fill with a lose, and flowing fleshe. Lykewyse the harde, according to

Bu
to the maner
fees in man
waith betw
The mean
the tyme, by
in which pr
rences of fr
better, and
himselfe.
But if m
pocra, and
take of the
prehende ny
cription.

Part

soft.

Spea



great, which

to the manner of the Quantitie, doth yelde so manye effects in number. For much doth bynde the bodyes, and leaueth behynde something lyke to a Timon.

The meane doth fill with flethe, and the small doth for the tyme, byinge rednesse in the ouer parte of the skynne. In which processe of wordes, hee contayneth sixe differences of Frycacion, thereby supposed, to haue spoken better, and moze plentifully of Frycacion, then Hippocrat. himselfe.

But if moze seriously you ponder the wordes of Hippocrat. and not by the way (as a dogge doth water) lightly taste of them, you shall easely fynde, that hee hath comprehende nyne differences, as maye appeare by this description.

Hard.	Little.
	Much.
	Meane.
Soft.	Little.
	Much.
	Meane.
Meane.	Little.
	Much.
	Meane.



W^H C^H P^R Theion had taught the firste sixe of these nyne coniugacions, which the description comprehendeth: Hee made no mencion at all of the other thre, combating cruelly with himselfe: for if ther be a certayn middle, of the small & great, which we cal mean, ther shal also be another middle

D.ij.

of

Buckstones Bathes benefyte.

of the soft and hard, which wee will call meane, and moderate. But, such Sophisticall cauillations, in this worke, we haue not determined to repproue, but rather howe health at Buckstone, is to be obtayned.

great regard
to be had in
the dosis of
medicines.

Medicines posselting power of euacuating, for the health of the collyfe, and of them that abound with corruption, aboue all exercises haue dominion: which in our fourth booke of Bathes ayde, moze largely wee haue handled, here altogether not to be omitted, (that in the absence of Physicians may bee vbled) regarde had to the constitucion of the bodye, manner of sicknes, and present state: remembryng this also, that doses or qualities of medicines, are varyed, according to complexion, case, tyme, age, region, nature, sicknes, dyete, arte, and tymes mutacion, as affirmieth Auicenne in Canon. and Amatus Lusitanus, centuria prima.

Therefore, not possible to appoint a iust quantitie, these thinges, in euery person not considered: and bycause you are there in a colder climate, then is Bathe (as I haue sayde) you must make your Dose the greater, for the North persons require a greater and stronger force, to alter their nature, then the Southerne, for that their bodyes bee moze hard, by meanes whereof the naturall actions bee stronger, and will turne the medicine into nourishment. And wee sayeth Montanus, commentario primo, de simplicium medicamentorum qualitatibus. For otherwysse it is not a medicine, but meat. Howbeit, Galene sayth, libro quinto, de sim. It maketh such iuyce, or humoz, as it should haue expelled: so that it encreaseeth rather sicknesse, then auoyde the cause. It shalbee good therefore, if you meane to vse them, a little to augmente the qualitie, as a fourth or fifth parte moze, which will sufficiently sharpen them, as I haue often p^{ro}ued. Howbeit, I had rather you should conferre wyth the learned, concerning the vse of my medicines, then vpon your

your owne skill receyue them, and yet all that I haue prescribed, bee voyde of venym, and will not hurt, if they profyt not. But if they bee receyued according to my meaning, they bee not onely of noble operation, but also of gentle force of purging. And purgacion, sayeth Galene, Comm. sec. primo Apho. is euacuation of humours, which doe molest with their qualitie. But purgacion is not onely gyuen, bycause of euill humoures abounding, but also by reason of the force of the sicknesse, and sometyme it supplyeth blood letting. For if the party bee weake, a gentle purge wil better serue, as may appeare, 4. therapentices, & quart. de t. san. libris Galeni: for blood is the treasure of lyfe, not viciated.

Purgacion, according to Hippocrat. is a clensing which by nature or artificially by arte is made. Also there is a gentle purgacion, which euacuateth from all partes, and another from the place onely affected, and this is eyther vniuersall, or particular, as Gentilis declareth, 1. 3.

The former of the whole body, but especially from the place suffering, the other from it onely. Mesue calleth it an vniuersall purgacion, cap. de foda. Summa tercia, de medicinis ægritudinum cerebri, which euacuateth the matter, cause of grieffe, from the community of all, or of the most famous partes, or of them which bee as it were myneralles, as the Lyyer of blood, the Galle of choller, stomacke of phleme, the mylte of splene of melancholly, or blacke choller. And particular hee calleth that, which bringeth matter, cluddered, lomped, or bagged, in any principall member, or parte: by the proper emunctuaries, as out of the head, by the nose, mouth, eares, eyes, palate, &c. But this particulare maye not bee preferred befoze the vniuersall, except it bee in sower cases, as either bycause the matter doth not much abound in quantitic, wherefoze it may suffise, if it be brought from a parte of the emunctuaries of that member, in whiche the sicknesse is, or else, bycause the part from whence the mat-

take no medicin without good aduise.

Purgacions defined.

generall and particular purging.

Buckstones Bathes benefitte.

” ter is deriued is not strong in deliuering it, noꝝ the part re-
” ceuyng is not strong in resisting, oꝝ els bycause that part
” doth not receyue the community from the rest of the parts,
” oꝝ els bycause the body and other members are not set vn-
” der the Dominion of the matter, which causeth the dyscase
” in that member.

Likewyse ther is one purgation drawing backward,
and another foꝝeward, the foꝝmer turneth to the contrary,
the other asyde, as sayth Hippoc. Libro de Succis. and Galen.
4. Therali. de Vlceribus. Hence it is apparent, that purgaci-
on of the belly, pꝛesiteth the most soꝝte greued with vlcers,
as the same Hippoc affirmeth, ther is also one kynd of pur-
gacion, that diminisheth, another that perfectly euacuateth
all: The foꝝmer diminisheth the sickenes, the later, wholly
rooteth it cut, and this is of twoo soꝝtes, foꝝ eýther by one
meanes, oꝝ other, it expelleth the filthy excrementes oꝝ else
it diminisheth the fumity oꝝ iuyce hurtfull, as Conciliator
saith Differentia. 116. and this is strong, weake, oꝝ meane, as
which is caused of a laxatiue, strong, weake, oꝝ meane.
Likewise some purgacion at once, woꝝketh effectually, out
of al the partes, and some by disfaunce of tyme, oꝝ little and
little. This maner Tralianus vseth in head aches, and ioynt
aches, Mesue foꝝ melancholique humours, Auenzoar in long
diseases, Auicennas in quotidian agues.

Corrupt hu-
mours wea-
keneth the
strength.

Therfoꝝe where through humoures coꝝrupted, the lyfe,
strength, foꝝce, power, oꝝ vertue is weake, Galen willeth to
vacuat, clense, oꝝ empty, that which is euill, by litle & litle, &
to reserue in oꝝder, that which is holsonie, with curation, of
hurtefull oꝝ vicious iuyce, of the Grækes is called epikrasis,
saith Galen nono therap. And Sirmesinos, Hippo. calleth
meane emptyngs. libr. de artienfis, whether they be, by vomit
oꝝ by stoule.

Likewyse we vse some purgatiõ cuartiue, oꝝ healing, and
to pꝛeuent a myscheie suspected.

Diffe

Differences of purgation, or clenſing, are taken of the places by the which they are expelled, whether downward by ſtoole, or upward by vomit, or by urine, mouthes, ſweat, ſpitting, and ſnot, leſſing of the belly, draweth down from the upper partes, and rooeth out from the lower partes.

Difference
of purging.

Vomit bringeth to paſſe by contrary meanes, drawing, and emptyng.

Uryne clenſeth the ſuperfluities which are containd in the veynes, in the bunchy part of the Liuer, reynes, wayes of urine & bladder: and ſometyme thoſe which are without the mydriſe. For Galen did ſee the vomit of the lunges by urine to be clenſed, and of the ſtomake, by the bowels: ſweat clenſeth from all partes. Spittle onely with cough, clenſeth that which is in the loſe ſpaces of the breaſt.

Snot purgeth thoſe ſuperfluities, which are in y head.

The Canons and rules which it behoueth vs to obſerue, ſhalbe to leade that way whyther nature eſpecially doth encline, in the ſommer upward, in the winter downward, as Hippo. commaundeth, Aphoriſmo quarto, and Gal. 1. ap. 21.

We purge leane perſons and ſuch as can eaſely vomit, by the upper wayes, auoyding winter. But in the Spring, Sommer, and Harueſt, ſuch as hardly vomite, and be of a leane conſtitution, purge downward, eſchewing Sommer.

Such as haue the conſumpcions of the Lunges, haue regard how ye purge upward for feare of weakening the ſpirituall partes.

Such as haue the bottome of the belly thynne, weak bowels, or be burſten, take heed how ye purge downward, for it is dangerous.

Melancholique perſons you may moze ſafely purge by the lower wayes.

It is euill to purge much, ſuch as haue the ſure luentery, (ſyding away of the meate bridigeſted) by the upper partes in ſommer.

Græſe

Buckstones Bathes benefyte.

Sickneses
for lacke of
purgiug.

Græfe about the hartstrings, signifyeth lacke of purgacion, by the vpper partes, and such as molest the nether partes downward.

If belly akynge shall chaunce to him that hath not a feuer, heauinesse of the knees, græfe of the loynes, & thyghs, it sheweth that they ought to be purged downward.

To conclude, euacuacion of the particular members, is made by Indication, taken of situacion, as Galene hath plenteously declared, tercio art. parua. 2. ad Glanconem, sep. vnde. & tricesimo therapentices.

vwhat sick-
nesses pur-
ging cureth.

Galene, lib. de vi catarthica, affirmeth, that hee abated the tercian feuer melanchollique passions, frantique fittes, falling sicknesses, continuall headaches, paynes of ioyntes, goutes, and healed the sciatica, scauld heades, frettinge blceres, wolues in the brest, and many daungerous pustles, of euill coloure, newe lepryes, cankers, and one whom, as hee had ben bozed thozow the guttes (which by other Whitticions vnerpert handling thre monethes, waxed worse and worse) with onely purgacion hee restozed too health. Hee tooke away by purgacion, a wemans fluxe, and other diseases of the matrice, and also dymnes of syght, ophthalmia, the apoffemie of the eye, by purgacion hee also cured in one day.

Therefore, purgacion hath ben gyuen accustomedly, to stave both distillations, and ouerflowinges. Hence it is, that Aetius lib tercio, appoynteth it to be vsed in certayne fluxes, of the belly. All which effectes shewe, of what force purgacion is, learnedly gyuen: howsoeuer soles do abuse it, or disprayse it.

Meete times
to purge.

Tymes meete to purge, Hippo. 6. aph. taketh of the temperature, of the ayze euironing vs. For as the ayze is altered so must your purgacion: and what ayze is at Buckstone, and howe your purgacion must be altered, wee haue already expessed.

To

To whom soeuer (sayeth hēe) letting of blood, is conuenient, or purgacion, the Spring is best, quarto Apho. quint. & sext.

Contrarywysse, in the dogge dayes, and befoze the dogge dayes, purging medicines be daungerous.

Moreouer, in the Sommer, wēe gyue vometes, choller abounding in the stomacke. Contrarywysse, Celsus appoinseth it in the winter, bycause the stomacke then is loden with fleme, lib. primo.

Galene did purge in the ende of the Spring, those which in Sommer were taken with a tercian feuer: and in the beginning of the Spring, those which thozowe grosenesse of humoures dyd fall into sicknesse, lib. de pur.

Furthermoze, tymes fitte for purgacion, maye bee taken of the influence of the Planetes, sayeth Hippo. lib. de diæra. And Galene did choise the space betwēne the newe moone and the old, for drinking of Triacle, lib. de theriace, ad Pamphiliū.

It is conuenient, that in gyuing purgacion, it bee obserued, which thing Actius lib. 3. & 1. th. and Halyabbas commaundeth. If so bee, that the foze of medicines purginge, is dulled, when the moone shall bee ioyned with Iupiter, if wēe beleue Ptolome, in centiloq. But purginge medicines must bee gyuen when the moone is in a watery triplicity, hauing none aspect, commixtion, quadzature, or opposicion, with Saturne, Iupiter, or Mars. Cōcerning the which aske Councell of Ioannes de Monte regio, and the other Astrologians, but especially of Auicennes medicorum, and also of Almanackes, yearly made. Auerhois commendeth those which, although they bee whole, are purged euery seuenth yeare. And I commend those that be purged euery Spring, and fall, seeing seldome but at certayne tymes iand circuites, diseases do happen, or not farre from them. But with Auenzoar the election of tyme according too the Astrono-

VWhen to
purge acco-
ding to the
Astrono-
mers.

Buckstones Bathes benefyte.

mers is not allowed, lib. secundi. Perhaps because y^e sick may perish while we abyde they^r elections.

Lastly of the preparation, of the body, and alteration of the humours, times of purgation, are to be receyued. For as Hippo. writeth, befoze the drinking of Elleborus (bearfoote) the body must be moystened, with much meat & rest. 6. epi. Further he saith, if you wil quickly purge him, y^e hath dronkē Elleborus, it behoueth. that he washe, and eate: to washe the day befoze the receyuing of the purging medicyne, for lauing, bathing in swete water, or washing, spreadeth abrode the humoures, and maketh the body moze laxatiue and soft. And to eate such meates, as thinne, cut and seperate grosse, clammy and tough humours, and that do open the passages.

Prepara-
tures before
purgations.

Again hee saith, bodies which shuld be purged, ought to be made slowing: & thei^r ar made slowing, as Ga. testifieth 3. ap. 9. By extenuating, & cutting of humoures, & by opening the wayes, by which y^e humours are drawē of the medicine. And when this is neglected, be sure purgations be hard and greuous, wherfoze Auicenne dooth preferre thinning of the humour, and dylatation of the wayes that be shut, not only befoze purgation downeward, but also befoze vomite. Phe. 4. 1

Hence it is, that preparatiues are vsed. Therfoze to heale thinges disgested, and to moue thinges not raw, so that they enforce not (and the most sozt do not compell) to be vttered, for the expulsion of raw humours, as Galen writeth primo apho. 22. dooth cause ache of the belly, gnawing, & swoonings, and also, that nothing in effect wort^h the accompt, is expelled, seeing all raw humours be slow, and vnnæte for mouings, by reason of rawnesse and colde, wherby it commeth to passe, that they also do stop all narrow passages, by which the medicine ought to be conueyed, and deliuered, therfoze they be neyther brought out themselues, nor suffer other, as sayeth Auicen quarto, et Phen primo. Hence it is, that all long sicknesses grow.

Auicenne

Auicenne after concoction, befoze euacuation giueth things thinning.

Furthermoze, coction must be looked first: especially in grosse, tough, and stimy humours, as AEtius teacheth Libro tercio. And in certayne chollerique infirmities, of thicke, and tough matter, as it is apparant with Galen, of the purgacion giuen for the yelow Jaundis, Libro de vi Catarthica, et de constitucione artis Medicæ. The which thing, also Tralianus doth vse, and against Rasis and Auicenne, but not likewise, for the whayey, thinne, and subtyle humoures, which as it seemeth too Actius, are too bee purged soozthwith, in the beginning of the sicknesse.

Briefly, befoze concoction, a purgacion is conuenient, in my iudgement, the manyfest quality of the humoz compelling the quantity and place, of this iudgemēt is Antylus, and also Manardus libri tricesimi, epistola prima.

In some the mouinge of nature, or of sicknesse, or of both, doth shewe the tyme of gyuing purgation.

To these, the strength of the sicke, the condicion of the ayze, and what thinges haue gone befoze, and are present, or belonge to bee purged, (as Galene teacheth nono Therapentices,) are too bee considered.

If so bee that apte mouinges are to bee holpen, and the depraued to be corrected. And it is depraued, if befoze concoction, nature do euacuate, sayth Leouellus in practica sua.

Also, if by places not conuenient, and then it is too bee transferred, as affyrmeth Valefcus in Philonio suo. And in diseases of swift mouing, it often happeneth in the beginning, that the rawe matter is euacuated, nature erringe, thozowe compulsion of sicknesse, as affirmeth Iohannes Ruellius. Which thinge, a skillfull Phisicion, seene knoweth

E.g.

Purga.

Buckstones Bathes Benefyte.

Purgacions
least dange-
rous.

Purgacions, which may bee vsed without daunger, bee those which be compounded, the hurtfull qualitie corrected, wherevpon wee may not so well vse simple medicines, sayeth Cardanus, de varietate rerum, although I brought in example, of Elleborus in the old tyme, which was permitted, when our bodies were stronge, but not so nowe. For it behoueth (sayeth hee) for the most parte, in euery simple, eyther to qualifie the hurte, or to stunne the force, or too strengthen the weaknesse, or to correct the vnpleasantnesse. So vnlikely it is that any simple may aunswere to bee correspondent, for the curacion of sundrie affectes, whiche at once doo requyre diuers faculties, and at one instant, as is very learnedly sayde, of Celsus, and at large exprested of Montanus, in commentario de componendis medicamentis.

The rule of Galene therefore is, that as farre as it is lawfull, the medicine be made most pleasant, quarto de tuenda sanitate, peraduenture, according to that saying of Hippoc. The Physicion ought too gratifye the sicke, in meates, drinckes, and medicines, sexto Epi. For in meate, there is a most excellent medicine, as he testifyeth. Wherefore Aetius doth mingle with meates, thinges which doo not onely soften and compresse the belly, making it smothe and slippery, but also that haue force of drawing, as after briefely shalbee exprested, of which thinges Ioannes a S. Amando, in concordant. Gal. and Matthæus Graduenfis, in gloss. super Ah. most wholesomely doo dispute.

Purgation
for euery
complexiõ.

Medicines meate to purge the chollerique complexion, or such as bee troubled with chollerique diseases, are these, considered in had to the thinges afoze exprested, as Gardonius affirmeth in practica sua.

R. Electuarii de succo rosarum, ana, z.iii. misce,
Diaprunis,

Take of the composition, of the iuyce of roses.

Of the composition of pynes, of cyther iii. drammes,
myngle

myngle them.

Foz the phlegmaticke complexion, or them that are vexed, with phlegmaticke diseases.

R. Diaphaniconis, z.v. misc.
Diacatholiconis, z.ii.

Take of the Electuarie of dates, v. drams, of the vniuersall composition, iij. drams, let them be myngled.

Foz the melanchollique complexion, or them that are vexed with diseases thereof.

R. Diafennæ lenitiuæ, ana. vn. s. misc.
Confectionis hamech;

Take of the Lenitiue Electuary of Heme, of hameches confection, of eche halfe an ounce, mingle them.

Take in the morning fasting, in poyll whay, made with ale, to purge choller. In poyll whay made of whyte wyne, to purge flemme. In poyll whay, made of Gotes milk, foz melancholly, receyuing a little warme bzothe, within halfe an hower after, eating after that, nothings vntill vij. or viii. howres be expyzed, and keeping the house, as Bachanellus willeth, lib. de consensu medicorū in curandis morbis;

A Glyster of blessed operation foz noble complexions which gently euacuateth phlenie and blacke choller, & gently expelleth wynd, and greatly auayleth agaynst the collick and græfe of the bowels.

R. Anize, ana, z. ii.
Croc,

Polipodii triti, bulliant cum aquæ lactis caprarum, libris quinque, & dissolue.

Hieræ picræ, vn. i.

Mellis, vn. i.

Salis, vn. i.

Olei violacei, vn. ii, misc secundum artem.

Take Dkeferne rootes, Anyse seedes, Bzused Safron, of eche two vnces, boyled in syne pyntes, of the whay of gotes

℞. iij. milk

Excellent good glysters.

Buckstones & atkes benefyte.

milk, to the fourth part, into the which you shall dissolve, of
Biera picra one vnce, of hony two vnces, salt an vnce, oyle
of violets, two vnces, gyving one after another, if need re-
quyre, for it will serue for three of seuerall doses.

Another to prouoke vryne, and to open stoppings.

R. Aqua lactis caprarum lib. d. in qua bulliat anisi pulueri-
zati vn. i. d. quibus addes olei violacei. vn. ii.

Take whay of Cotes mylke a pynt and an halfe, wherin
let boyle of a walme or two, of anyse seede lightly brayed. ii.
vnces, to the which adde of oyle of violetttes, two vnces.

Another good to purge choller, and to mundifie the bloode
with all the rest of the humoures in generall.

R. Malua, Althaea, Atriplicis, Scana. manip. i. r. s. i. s. d.

Althaea, Atriplicis, Scana. manip. i. r. s. i. s. d.

Atriplicis, Scana. manip. i. r. s. i. s. d.

Mercurialis, Acanthi, Seminis Lini, Foeniculi, ana. z. ii.

Acanthi, Seminis Lini, Foeniculi, ana. z. ii.

Seminis Lini, Foeniculi, ana. z. ii.

Foeniculi, ana. z. ii.

Coquantur ad tercias, & colo diffundantur, accipiatur q.

Furis decocti, lib. i.

Medullae cassiae fistularis, vncc i.

Hierae picrae, s. d.

Mellis rosacei colo transfusi, z. iii. s. d.

Olei ex olinis expressi. s. iij.

Salis vulgaris, z. i. s. d.

Commixtis omnibus, fiat enema.

Take of Malloves, Holyhocke, Drage, Mercury, swæte
byer, of euery one one handfull, lene seede, senygræke, of
eche two drammes, boyle all in a quart of running water,
vnto the third part, then strayne them, and take of the broth
boyled

boyled, one pynce, of the pyth of Casia fistulae, one vnce, of Hiera picra i. half vnce, of hony of roses krayned, iii. Drams, and an halfe, of oyle pressed out of olyues iii. vnces, of salt, i. Dramme, and an halfe, of all myngled together, let there bee made a Clyster.

Fyner Jewels, further fet, deerer bought, lesse in quantitie, stronger in qualitie, moze daungerous for the body, I could haue appoynted many thousandes: but bycause these are comune, of small pryce, euery where with the Apothecaries to be had, & without daunger will do their office, I trust they may serue for the poorer sort that are not of abilitie, too retayne counsaylours in phisicke, the riche, I wysh to resort to the learned Phisicians.

Slypery meates which rather make the bodye soluble, than do bynd, are these, as at large is expessed of Aegineta, Flesh of lambe, veale, pygge, fat capons, chickens, and all fat and moyst meates, rather boyled then roasted or baked.

Butter, mylke, breade not to drie baked nor too stale, beere of meane age, wyne with suggar ynough, sweet fruits, & rype, as damaske prunes, cherries, raceynes, damsons, &c. Of herbes for your brothes and pocylles, mallowes, cycho-rye, endyue, byolettes, pacience, fumetory, and centaury a little quantitie, some vse, which will not onely make the broth to bytter, but also molest the body as doth sene, fill it with wynd, and weaken the stomacke sayth Mathiolus Senensis, super Diasco. and Mesue lib. de simplicibus, and as dayly experience proueth. All these thinges needfull, considered and obserued, for the viii. yr. or xl. dayes, you remaine there, and after you come thence, one moneth at the least, if your disease requyre it, keepe the especiall Victus, expessed, but after you may rturne to your former trade of lyfe, not hurtfull, so that alway prouyded, the day of your coming thither, bee noted, befoze you enter into the Bathes, and the day of your departure, with the country of your ha-

Good Jewels.
good chepe.

Meates sol-
uble or slip-
pery.

Tariance at
Buckstone.

hi

Euckstone's Bathes Benefyte.

A register
booke.

A rate for
the treasure
of the poore

bitation, condition or calling, with the infirmityes, or cause you came for, in the register booke kept of the warden of the Bath, or the Physicion that ther shalbe appointed, & the benefite you receyued, paying foure pence for the recording, and euery Peoman besides, xij. pence, euery Gentleman iij. shillings. Euery Esquier. iij. s. iij. d. Euery Knight, vi. s. viij. d. Euery Lord, & Baron, x. s. Euery Vicount, xiiij. s. iij. d. Euery Erle, xx. s. Euery Marques, xxx. s. Euery Duke, iij. pound x. s. Euery Archbishop. v. l. Euery Bishop xl. s. Euery Judge. xx. s. Euery Doctour, and Bargeant of lawe. x. s. Euery Chauncelloz, and vtter Barrister, vi. s. viij. d. Euery Archdeacon, Prebendary, and Canon, v. s. Euery Minister, xij. d. Euery Duches, xl. s. Euery Marquesse, xx. s. Euery Countes xij. s. iij. d. Euery Barones. x. s. Euery Lady, vi. s. viij. d. Euery gentlewoman, ij. s. And al, for the treasure of the Bath, to the vse of the poore, that only for help, do come thither, the one halfe: the other to the Physicion, for his residence.

Now if any shall think me ouer bold, to speake in the person of a Magistrate, let them consider with themselves two thinges more contrary, their abilityes, and the poores neede, for sure I am, that none of all these recyted, but dooth twyle a yere in ydle pastime cast more then this, away in rayne. Therfore I trust, seeing it is to the poores, bore and better meanes for your owne health, with other good vses, that from tyme to tyme, shall be there appointed, that there wilbe none, so straight laced, or of so vnpytiffull a conscience, which will not, if they see cause, draw theyr purse strings wyder.

If they consider the god intent, to be as well for the poore afflicted members of Christ (and what you geue vnto them you geue it me saith he) as also, for the honour of the Keline, the whtch, for ener, God graunt Triumphant, Amen.

The prayer

The Prayer vsually to be sayd

before Bathing.



As thou hast, most mercifull Father, of thine infinite bounty and grace, geuen vs power, to come, to these thy Bathes, (preordinate, of thy deigne prouidence) for the benefite of vs thy deare creatures: So likewise rightly we confesse, that the breach of thy most holly lawes, which we haue, to often done, is the very cause, that we be so vered, greued, diseased, and enfeebled, as a iust crosse, for our misdoedes, being that to the third, and fourth generation, thou hast said, thou wilt the visite. Votobest, we hope in thy mercies, vnto the which, as vnto a safe anchoz (tossed in this miserable maze of worldly wretchednes) we certainly trust. Taking comfort of thy heauenly word, that whom thou chastisest, thou louest. So loue vs good Lord, that we vnfaignedly trusting in thy word, the second person in Trinitie our Redemer, and calling on thee in his name, (in one vnitie) may be releued, comforted, & eased, as thou in thy word hast promised (if it be thy most gracious will) of all our griefes, whether they be inward or outward in body or mind. By the benefite wherof, all the Atheistes godles and careles of the world, may knowe thy power: that from thee cometh health, to al Nations, for from thee cometh al knowledge, how to vse thy Creatures for our vles best.

Gravnt therfore good Lord, the healthfull spirit of truth, the holly ghoste, to help, ayde, and assist vs, in all our afflictions, and to guyde thy ministers, natures Interpreters, Phisitions, with thy heauenly health, that being strenghtened by thy influence, may not only, the better benefite vs, and the certeyner, ascertaine vs, of thy gyftes, here and els

G. i.

where

The Prayer.

where, but also the better ayde, and assist vs, seeing they be
thine appointed counsayloures, as they whom we can not
be without, as thy liuely woꝝd teacheth: So then strengthen
these Wathes, teach them, and assist vs, good Lord, that what
is profitable, for our benefite, may be here had, they shewe,
we seeke, find, and obserue: what hurtful they may declare,
we refraine and withstand. This graunt eternall Father
thorogh the blood, of the immaculate Lamb, Iesus Christ,
that we departing hence, better in health, & strength, therby
may glorify thee, ouer all the woꝝde the more, to whom
with the Sonne, and the holy ghost, be all glory, prayse, do-
minion, and power, for euer and euer Amen.

God preserue, the Quenes most royal Maiestie, Nobility,
and Councell, and namely George the mightie Earle of
Shrewesbury, and the noble Countesse Elizabeth his wyfe,
whose good furtheraunce, in these edifyces, hath not lacked,
with the right honozable, Lord Talbot, his sonne & heyre,
and the honourable Lady his wyfe, master Cuyllbart Tal-
bot, and his most vertuous wyfe, his whole offspring, samely,
and all the whole Land, Amen Amen.

FINIS.

Small decorative stamp or mark in the top right corner.

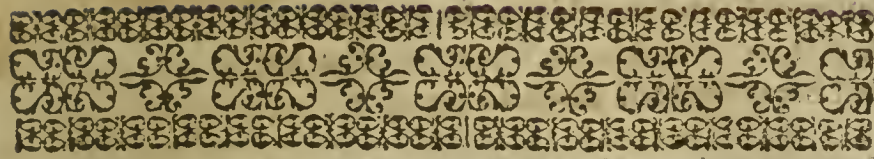
CA n
acc

A Phi
A de

A dulce

Aposteme
A purgacio
A good com
A Registre

Buckstons
Bath gate be
Burglary ex



A necessary Table exactly Drawen
 according to the order of the Alphabet, directing
 the Readers very commodiously by the
 numbze of the Pages to all such
 chiefe and notable matters
 as are in this briez trea-
 ty containd.

- A** Phisicion with a competent stypend appointed at Buck
 stone. folio. 3. pag. 1
A dulce Bathe euacuateth by the pores superfluous hu-
 mours. fo. 3. pa. 2.
A dulce Bathe taketh away dytemperature of heate or cold.
 idem.
Apostemes are amended by the Bathes of Buckstone. fo. 4. pa. 1
A purgacion for the melancholique, fo. 19. pa. 1
A good conscyence releaueth the poore. fo. 20. pa. 2
A Regystre booke to be kept at Buckstone, idem.
B
 Buckstones Bathes, who hath edified fo. 2. pa. 2
 Bath gate betwene Burghe and Buckstone. fo. 1. pa. 1
 Burglary excepted out of the Sanctuary. fo. 2. pa. 2
 G. ii. Bathes.

The Table.

Bathes of Brimstone, Alume &c. haue force of drying. fo. 3. pa. 2
 Buckstones bathes heale Rheumes. fol. 4. pag. 1.
 Best bread made of wheat. fo. 9. pag. 1.

C
 Crampes are healed by the Bathes of Buckston, fo. 4. pa. 1
 Clysters very excellent, fo. 19
 Commons and mores lying waste and vnmanured, should bee brought to tyllage, and better husbandrie, fo. 2. pa. 2
 Crisis defined. fo. 6. pa. 5
D
 Definition of artificiall Bathes, fo. 1. pa. 2
 Diete, vse of necessarie causes termed of Galen. fo. 5. pa. 2
 Distemperature taken away by Diete. idem
 Diete of three kindes, idem
 Diete when it is wholly taken away, fo. 7. pa. 1
 Diete when it is diminished, idem
 Diete when it is encreased. idem, pa. 2
 Diete how long after your departure from Buckstone, is to be obserued. fo. 20. pa. 1
 Driethe, appetite of a thing colde and moyst, fo. 9. pa. 2
 Doses of medicines varied according to, fol. 14. pa. 2
 Dayes of continuance at Buckstone, fol. 2. pa. 1

E
 Every mouing is not an exercise, fol. 10. pa. 1
 Exercise ought to bee before meate, idem
 Exercise, alteration of breath, idem
 Effectes of purging, fol. 16. pa. 2
 Exercises appointed at Buckstone, fol. 12. pag. 1
F
 Fryday, market weakely, fol. 2. pa. 2
 Feuers are cured by Buckstones bathes. fol. 4. pa. 1
 Frication what, fol. 13. pa. 2
 Force of frication, idem.
 Good

Good time
 Great for
 Good rules
 Good make
 H...ink d
 H... and v
 Buckstone
 Headaches
 Indication
 In pestilence
 Kindes of p
 Lodginges
 the Co
 License fo
 Murder ex
 Name bre
 Medicine
 Meates st
 Medicine
 Musique v
 Meates bel
 No hot Bath
 etc
 Nume he
 Nourishme
 Nothing no

The Table.

G

Good times to take purgation. fo. 17. pa. 1
 Grief for lacke of purging fo. 16. pa. 2
 Good rules to be obserued in purging. fo. 16. pa. 1
 Good to take a preparatiue before purgation fo. 17. pa. 2

H

How drink doth disperse the meate fo. 9. pa. 2
 How and what frutes, fish, and wines, may be permitted at
 Buckstones fo. 10. pa. 1
 Headaches are cured by the Bathes of Buckston, fo. 4. pa. 2

I

Indication taken of age, custome &c. fo. 8. pa. 1
 In pestilent seasones, Bathes must be auoyded, fo. 13. pa. 1

K

Kyndes of purging, fo. 15. 16.

L

Lodginges at Buckstone for the poore prepered by Elizabeth
 the Countesse of Shrewesbury, fol. 2. pa. 2
 Lycense for the sick to eate flesh at all time, idem,

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FINIS.

Faults eſcaped.

Fol. 1. page. 2. line. 4. read therfoze, foꝛ ther.
Fol. 1. pag. 2. in the note read definition foꝛ ſignification,
Fol. 3. pag. 1. line. 2. read the moſt part, foꝛ foure parts.
Fol. 6. pag. 2. line. 32. read luc, foꝛ hic.
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Fol. 15. pag. 2. line. 17. read familiar, foꝛ ſumitoꝛ.
Fol. 17. pag. 1. line. 28. read Amicus, foꝛ Auicennes.

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